

The  
Military Chapter



COOK BOOK



## Prairie Provinces Collection



### "Seal of Quality"



It's not hard to keep the family in good humor if you have good things to eat.

The good hostess and careful provider can with confidence call on the Hudson's Bay Company for all choice, wholesome foods.

Our stock of Groceries, staple and fancy, is at all times complete; and we are Headquarters in the Canadian West for imported foods that should find places on the shelves of every discriminating housewife.

The following is a partial list of fancy specialties suitable for the table on all occasions—dinner, tea, bridge or other parties, formal or informal—where quality foods play an important part.

Appetitoid (Norwegian Boneless Herring)

Anchovies, French, in olive oil.

Anchovy Fillets; lovely appetizers.

Artichokes; Years of Baby.

Bar-le-due Jam, red, and white currant.

Beverages: White Rock Table Water and Ginger Ale.

Fancy Imported Lemons, Bananas Butters.

Caviar, Cosack and Romanoff.

Cartouche, an Hors d'Oeuvre par excellence.

Ginger, China, in 1-lb. jars.

Ginger, Preserved, in bulk.

Honey, new comb.

Honey, Trappist from St. Norbert Monastery.

Haricot Verts, Tres Pins.

Olive Oil, Old Monk, the world's Sweet.

Cream of Pate Paste.

Peas, French, Moyens.

Sardines, French and Spanish.

Finestons, Curia.

Table Jellies: Quince, Lemon and Apple, Blackberry, Tea Garden Grand.

You may be glad to know that the Hudson's Bay Company Grocery is no farther away than your phone. Call Phone M631 for a PROMPT GROCERY SERVICE.

# Hudson's Bay Company



# GROCERIES



**"Seal of Quality"**



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Appetitoid (Norwegian Boneless Herring)

Anchovies, French, in olive oil.

Anchovy Fillets; lovely appetizers.

Artichokes; Tosses of Baby.

Bar-le-duc Jam, red and white current.

Beverages: White Rock Table Water and Ginger Ale.

Fancy Imported Lemon, Banana Butters.

Caviar, Cosmack and Romanoff.

Carrots, an Hors d'Oeuvre per excellence.

Ginger, China, in 1-lb. jars.

Ginger, Preserved, in Salt.

Honey, new comb.

Honey, Trappist from St. Norbert Monastery.

Haricot Verts, Tree Figs.

Olive Oil, Old Mank, the world's finest.

Cream of Pate Paste.

Peas, French, Moyens.

Sardines, French and Spanish.

Pinotons, Curds.

Table Jellies: Quinces, Lemon

and Apple, Blackberry,

Tea Garden Grand.

You may be glad to know that the Hudson's Bay Company Grocery is no farther away than your phone. Call Phone M881 for a PROMPT GROCERY SERVICE.

**Hudson's Bay Company**



# The Military Chapter



## COOK BOOK

"We may live without poetry, music and art;  
We may live without conscience and live  
without heart;  
We may live without friends, we may live  
without books—  
But civilized man cannot live without cooks."

**WEIGHTS AND MEASURES**

- 1 cup equals 2 gills or  $\frac{1}{2}$  pint or 16th tablespoons liquid.  
 4 cups flour equal 1 pound.  
 2 cups sugar equal 1 pound.  
 1 cup butter equals  $\frac{1}{2}$  pound.  
 1 cup currants equals 6 ounces.  
 1 cup dates equals  $\frac{1}{2}$  pound.  
 1 cup raisins equals  $\frac{1}{2}$  pound.  
 1 cup rice equals  $\frac{1}{2}$  pound.  
 1 cup molasses equals 12 ounces.  
 1 cup suet equals  $\frac{1}{2}$  pound.
- 

**AVOIRDUPOIS WEIGHT**

- 16 drams.....1 ounce  
 16 ounces.....1 pound  
 25 pounds.....1 quarter  
 4 quarters.....1 hundredweight  
 20 hundredweights.....1 ton
- 

**DRY MEASURE**

- 2 pints.....1 quart  
 4 quarts.....1 gallon  
 2 gallons.....1 peck  
 4 pecks.....1 bushel  
 8 bushels.....1 quarter
- 

**LIQUID MEASURE**

- 4 gills.....1 pint  
 2 pints.....1 quart  
 4 quarts.....1 gallon  
 21 $\frac{1}{2}$  gallons.....1 barrel

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\*

#### **ENO'S FRUIT SALT**

$\frac{1}{2}$  oz. baking soda,  $\frac{1}{4}$  oz. tartaric acid,  $\frac{1}{4}$  oz. cream of tartar and  $\frac{1}{4}$  oz. icing sugar. Mix and bottle for use. —Mrs. Eaton.

Make boiled starch with weak soapsuds made of white soap, instead of clear water, and you will have no difficulty with it sticking.

#### **STAINS**

**Ink:** Soak in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

**Blood:** Soak in cold water, then wash, boil; use plenty of soap.

**Grease:** Saturate spot thoroughly with Kerosene, then wash.

**Iodine:** Wash with alcohol, then rinse in soapy water.

**Hot Tea or Coffee:** Soak in cold water, wring, spread out and pour a few drops of glycerine on spots; stand several hours, then wash in cold water with soap.

**Iron Rust:** Soak stain thoroughly with lemon juice, sprinkle with

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salt and bleach several hours in the sun.

**Pitch or Tar:** Soften stains with lard, then soak in turpentine; rub gently till dry.

**Mildew:** Soak in weak solution of chloride of lime for several hours. Rinse in cold water.

**Sewing Machine Oil:** Rub with lard, let it stand for several hours, then wash in cold water and soap.

**Scorch Stains:** Wet scorched place, rub with soap and bleach in the sun.

**Fruit Stains:** Pour boiling water over it or hang outdoors in cold weather at night. If it is an old stain, soak in a weak solution of oxalic acid or hold spot over fumes of sulphur.

**Varnish and Paint:** If on a coarse fabric, saturate with turpentine; if fine, in alcohol. Sponge with chloroform if dark ring is left. Do not use chloroform or turpentine where there is a fire.

—Mrs. J. M. Black.

## SOUPS

✱

### BROWN STOCK

2 lbs. shin or shoulder of beef	½ teaspoon salt
1 carrot	1 bay leaf
1 onion	2 cloves
1 stick celery	1 chili
10 peppercorns	3 quarts cold water
	1 blade mace

Cut the meat into small pieces, cover with the water and let it come to the boil; add the vegetables and spices and boil gently for five or six hours. Strain through a sieve. When cold remove the fat. This is a good foundation for any soup. If you have any scraps or bones left over from the joint, put them in, too.

—L. G.

### WHITE STOCK

Prepare same way as preceding recipe, only using veal bones or knuckle or chicken or rabbit bones or trimmings.

—L. G.

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### FISH STOCK

Fish trimmings, spices and vegetables as preceding recipes; boil slowly for about one hour; strain.

—L. Groves.

### BEAN SOUP

- |                       |                               |
|-----------------------|-------------------------------|
| 1 cup lima beans      | $\frac{1}{2}$ teaspoon pepper |
| 1 cup milk            | 1 bay leaf                    |
| 4 tablespoons flour   | 2 cloves                      |
| Butter size of an egg | 3 pints water                 |
| 1 teaspoon salt       |                               |

Soak the beans overnight; strain and cover with three pints cold water; add the spices, bay leaf, etc.; boil slowly till beans are quite tender; rub through a sieve. Melt the butter in a saucepan, add the flour and milk gradually and then the bean puree; boil up gently and serve with fried cutlets. A little cream just before serving is a great improvement.

—A. B.

### CAULIFLOWER SOUP

Half a cauliflower; 1 quart white stock, or milk and water.

Cook the cauliflower thoroughly—if you have cold cauliflower left over it will do nicely—break into small pieces; put about one tablespoon of butter in a saucepan, thicken with  $1\frac{1}{2}$  tablespoons flour; add the stock gradually and boil up, then put in the cauliflower pieces; season to taste. A little cream is an improvement.

—W. R.

### FISH SOUP

- |                           |                              |
|---------------------------|------------------------------|
| 1 quart fish stock        | $\frac{1}{2}$ pint milk      |
| $1\frac{1}{2}$ oz. butter | 1 tablespoon chopped parsley |
| $1\frac{1}{2}$ oz. flour  | Pepper and salt to taste     |

Melt the butter; add the flour and fry two or three minutes; add the stock gradually and boil well, then the milk, parsley and season.

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ing. Boil up and serve. If a richer soup is desired, one yolk of egg mixed with two tablespoons of cream may be strained in at the last moment.  
—L. Groves.

## LIVER SOUP

3 lbs. liver

2 quarts water

Cut liver in slices and brown with a sliced onion in a pan with a little dripping; add the water; bring to a boil; season with pepper and salt; simmer gently for six hours. Strain; put back into the saucepan, thicken with a little flour and boil gently for one hour.

—L. G.

## LENTIL SOUP

$\frac{1}{2}$  lb. lentils

1 oz. dripping

$\frac{1}{2}$  carrot

2 quarts water

$\frac{1}{2}$  turnip

Pepper and Salt

1 stick celery

$\frac{1}{2}$  pint milk

1 onion

Wash lentils and soak overnight in one quart water. Strain water off and put to one side. Melt the dripping in a pan; add the lentils and other vegetables sliced, and sweat them. Pour on the water off the lentils, add pepper and salt and bring to the boil. Simmer till vegetables are cooked, stirring frequently; this will take three or

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four hours. When cooked, pass through a colander, add the milk and reheat. Serve with fried or toasted bread. Instead of water, ham or meat boilings can be used. —L. G.

### KIDNEY SOUP

- |                           |                             |
|---------------------------|-----------------------------|
| 1 beef kidney             | 1 large tablespoonful corn- |
| 1 large onion             | starch or flour             |
| 1 quart stock from a good | Pepper and salt to taste    |
| bone                      |                             |

Boil the kidney in stock 1½ hours with the onion. Strain and cut half the kidney into small pieces and grate the other half. Return the cut and grated kidney to the strained stock, thicken with the cornstarch or flour; boil up well and serve. —W. H.

### GREEN PEA SOUP—1.

- |                          |                          |
|--------------------------|--------------------------|
| 3 fine heads of lettuce  | 3 cucumbers, peeled and  |
| 3 onions cut into pretty | sliced                   |
| large slices             | ½ lb. fresh butter       |
| 1 pint young peas        | Salt and pepper to taste |

Lettuce to be cut across but not thick. Put all these into a covered stewpan and stew them till tender.

Put into another saucepan, one quart of older peas, a small bunch

# A. L. HESS



PHOTOGRAPHER



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of meat and five quarts of water and boil till quite tender and in a mush. Remove the mint and work the contents of both saucepans through a sieve, put all together and boil with a bunch of parsley. Never increase the quantity of butter or never add meat except a ham bone, which improves the flavor, if the onions and cucumbers are small add more.

—Mrs. J. D. Everard.

## GREEN PEA SOUP—II.

- |                                     |                  |
|-------------------------------------|------------------|
| 1 can peas                          | 1 bay leaf       |
| 1 pint boiling water or white stock | Salt and pepper  |
| 1 blade of mace                     | 1 slice of onion |

Simmer all these ingredients 20 minutes, rub through a sieve. In another saucepan melt one tablespoon butter, add one tablespoon flour, stir till boiling, add the puree, simmer five minutes. Serve with a tablespoon of whipped cream on each plate.

—Mrs. J. D. Wilson, Edmonton

## CREAM OF PEA SOUP—III.

- |   |                               |
|---|-------------------------------|
| 1 can peas                                      | A lump of butter              |
| 1 pint cold water                               | 2 tablespoons flour           |
| 1 pint milk                                     | 1 teaspoon salt               |
| 1 slice onion put in while the milk is scalding | $\frac{1}{4}$ teaspoon pepper |

—Mrs. J. Black.

## ONION SOUP

Two or three large onion sliced, fry in one tablespoon butter or dripping until they are soft and red, add three tablespoons flour and stir until it is cooked, then add slowly one pint of stock stirring all the time. Boil and mash three large potatoes, add to these one quart scalded milk, stirring well, put both mixtures together, season with pepper and salt; pass it through a strainer, sprinkle chopped parsley on the top.

—L. G.

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## OX TAIL SOUP

- |                            |                   |
|----------------------------|-------------------|
| 2 ox tails                 | 2 onions          |
| Ham bone or slice of bacon | 2 cloves          |
| 1 carrot                   | 1 blade of mace   |
| 1 onion                    | 1 teaspoon salt   |
| 1 stick of celery          | A little dripping |
| 1 bay leaf                 |                   |

Joint and cut the tails into neat pieces, wash thoroughly, melt the dripping in a saucepan; put in the meat, saute for a few minutes, cover with cold water, add vegetables and seasoning and boil gently for five or six hours til. the meat comes off the bones, strain, remove the meat and cut in small pieces. Thicken the soup with flour, add Worcestershire and Harvey's Sauce to taste or mushroom ketchup, put the meat in again and it is ready to serve. It is advisable to make this the day before it is wanted so as to thoroughly remove all fat when cold.

W. H.

## RED POTTAGE SOUP

- |                                 |                        |
|---------------------------------|------------------------|
| $\frac{3}{4}$ lb. Haricot beans | 1 onion                |
| 4 fresh or tinned tomatoes      | Pepper and salt        |
| 1 beet root                     | 1 oz. dripping         |
| 1 small piece of celery         | 3 pints water or stock |

Soak the beans over night, melt the dripping and sweat the strained beans and vegetables in it, add the liquid and seasoning and boil gently three or four hours. Remove the beet root and pass the rest through a sieve.

—L. G.

## POTATO SOUP

- |                 |                   |
|-----------------|-------------------|
| 2 lbs. potatoes | 1 stick of celery |
| 2 large onions  | Milk and water    |

Wash and peel potatoes and onions, slice, put them in a saucepan and cover with cold water, add a little salt, boil about one hour, pass through a sieve, thin down with milk, add pepper and salt to taste and about half cup of cream just before sending to table.

—W. H.

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## TOMATO SOUP—I

Heat one can of tomatoes and strain. In another saucepan, heat three cups milk, when hot add a pinch of soda, and to the tomatoes half teaspoon soda. Cook all together, add salt and pepper to taste, and a tablespoon butter, thicken with cracker crumbs.

Mrs. J. H. Black,

## TOMATO SOUP—II

1 quart ordinary stock  
1 oz. butter  
12 tomatoes or a tin

1 onion  
2 tablespoons crushed tapioca  
Pepper and salt

Melt the butter in a saucepan, add the tomatoes and onion sliced, cover and simmer ten minutes, add the stock and seasoning, boil gently till the tomatoes are cooked, pass through sieve, put back in the saucepan, sprinkle in the tapioca and boil till it is transparent.

— W. H.

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## S A U C E S

\*

### HARD SAUCE FOR PLUM PUDDING

$\frac{1}{2}$  cup butter 1 cup long sugar

Brandy to taste

Beat butter and sugar to a cream, add brandy to taste and beat well, the longer it is beaten the better it is, freeze and cut in squares.

L. G.

### WHITE SAUCE FOR VEGETABLES AND FISH

1 tablespoon butter

Salt

1 tablespoon flour

About one cup of milk

Melt the butter and stir in the flour and salt, stir till smooth; add the milk gradually and let it boil up, keep stirring to avoid lumps. This is a foundation for parmesan, cream or other sauces. — W. H.

### BREAD SAUCE

1 thin slice of onion

$\frac{1}{2}$  cup finely crumbled bread-crumbs

A blade of mace

Pepper and salt to taste

Butter

1 cup milk

Chop the onion very fine and put it and the seasoning in the milk with a small lump of butter, let it boil up and then infuse on the back of the stove for half an hour. Take out the mace, stir in the breadcrumbs, let it boil up quickly and serve. Too much boiling after the crumbs are added spoils the sauce. — W. H.

### MARMALADE SAUCE

1 cup boiling water

1 tablespoon marmalade

1 lemon, rind grated and juice

1 teaspoon cornstarch

2 tablespoons sugar

Boil together, blend the cornstarch with a little cold water, add to the mixture, boil ten minutes and serve. L. Groves.

### SYRUP SAUCE

One cupful ordinary White Sauce and Golden Syrup to taste, cook a few minutes and serve with any steamed pudding. — W. H.

### ORANGE SAUCE

Juice of two oranges

1 teaspoon cornstarch

2 oz. brown sugar

$\frac{1}{2}$  cup water

Mix cornstarch with orange juice, put water and sugar into a saucepan; when boiling add cornstarch and juice, reboil and serve.

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## FISH

### FISH BALLS

1 cup flaked boiled fish  
1 tablespoon butter

1 tablespoon flour  
 $\frac{1}{2}$  cup milk

Make a very stiff sauce with the butter, flour and milk, make it so that it leaves the sides of the pan, add the fish, pepper and salt to taste, and two well beaten eggs. Drop the mixture in spoonfuls in very hot fat and fry a golden brown. — L. G.

### BOUCHEES OF PRAWNS

About one cup rich White Sauce seasoned with salt, pepper and cayenne, color with a few drops of cochineal; add one cup picked prawns or shrimps. Have ready small roundish dishes well buttered, fill with the mixture, sprinkle grated cheese on the top of each and brown in a quick oven. — W. H.

### FISH CURRY

$\frac{1}{2}$  lb. filleted haddock, or any  
white fish  
 $\frac{1}{2}$  an apple  
 $\frac{1}{2}$  an onion  
 $\frac{1}{2}$  oz. butter  
 $\frac{1}{2}$  oz. curry powder

$\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  pint fish stock or milk and  
water  
Salt  
A little lemon juice

Chop the onion and apple finely, melt the butter in a saucepan, fry the onion and apple lightly not brown, add the flour and curry powder and cook for a few seconds; add the stock or water and milk gradually, pinch of salt and a few drops of lemon juice. Simmer half an hour, strain, return to a clean saucepan, put in the fish, cut in neat pieces, heat thoroughly and serve with boiled rice. — L. G.

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### CASOLETTES OF FISH

Some thick slices of bread	2 teaspoons chopped parsley
About 8 tablespoons cooked fish	1 egg
1 oz. butter	Vermicelli
$\frac{1}{2}$ oz. flour	Salt
$1\frac{1}{2}$ gills milk	Pepper

Cut the bread into rounds  $1\frac{1}{2}$  inches thick, remove a smaller round from the centre, not cutting it through, dip each case quickly in milk, brush with well beaten egg, cover with vermicelli broken very small and fry in hot fat. Melt the butter in a saucepan, stir in the flour, add the milk and stir till smooth and boiling; add the fish, salt, pepper and parsley and a little anchovy essence. Put in the cases and serve very hot.

—L. G.

### FISH CUSTARD

Beat two eggs, add about one pint milk, cooked fish broken up, pepper and salt to taste. Pour into a greased pie dish and put little pieces of butter on top. Cook 20 minutes in a hot oven.

—Mrs. J. C. Thomson.

### SCALLOPED HALIBUT

Boil the halibut and remove bones. Make some White Sauce. Grease a pie dish and pour in some White Sauce, then put in a layer of fish and a layer of dried breadcrumbs, repeating till dish is full; have breadcrumbs on top with nine pieces of butter strawn over. Bake from half to three-quarters of an hour.

—Mrs. J. C. Thomson.

### BAKED HALIBUT AND PARSLEY BALLS

2 lbs. fresh halibut	1 oz. suet
$\frac{1}{2}$ loaf bread (stale)	Milk and water
1 tablespoon parsley	Salt and pepper

Break bread and soak in cold water until soft; then squeeze in the hands until all the water is out; put this on a plate and mix into it



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the parsley, sweet (chopped fine) and about one teaspoonful salt work wet with the hands and form into balls (6 or 8). Wash and skin halibut, put into a dish, arrange the balls around fish, sprinkle all over with flour salt and pepper, fill to top of dish with equal parts milk and water and bake for 1½ to two hours in moderate oven.

Do not allow balls to sink too far into liquid or they will be soft and wet instead of being firm and crisp. If more balls are required use more bread, etc.

—Mrs. Chas. Barker

### POTTED HERRINGS

Cut off the heads and tails of the herrings and clean them, rub them with pepper and salt, let them stand over night then pack them in a jar dish, putting between each layer of herrings, pepper and ground allspice, some butter and bay leaves, then pour over the fish as much beer and vinegar in equal portions as will cover them. Cover the dish closely and then bake slowly til the fish are cooked.

—Mrs. Sterling

### KEDGERÉE

¾ lb. cooked finnan haddock

1 hard boiled egg

¾ lb. rice

Cayenne pepper

2 ozs butter

Mustard and salt

Boil the rice and add the fish from which you must remove all skin and bone and keep it in small flakes. Melt the butter in a saucepan, add the rice and fish, the egg finely chopped, about one teaspoon dry mustard, salt and cayenne to taste. Heat thoroughly and pile on a dish. Salmon may be used instead.

—L. Groves.

### LOBSTER A LA NEWBURG

One whole lobster, cut in pieces as large as a hickory nut, put in a saucepan with a piece of butter large as a walnut, season with pepper and salt; thicken with heavy cream sauce, the yolk of an egg and two ounces cherry.

Sauce for Above: One ounce butter melted, thicken with two ounces flour, then down with boiling cream.

—Mrs. Bernard.

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**STEWED OYSTERS**

1 pint oysters  
1 pint cream  
2 oz. butter

4 crackers  
Salt and cayenne

Roll the crackers into fine crumbs and add to the hot cream and butter, simmer ten minutes, add the oysters, they will take 10 to 15 minutes to heat. Care must be taken to let them boil. Add cayenne to taste.

—Mrs. Bernard

**OYSTER COCKTAIL**

8 oysters  
1 tablespoon tomato catsup  
 $\frac{1}{2}$  tablespoon vinegar or  
lemon juice  
2 drops tabasco sauce

1 teaspoon very finely  
chopped celery  
 $\frac{1}{2}$  teaspoon Worcestershire  
sauce  
Salt to taste

Cut the oysters in two or three pieces; put into cocktail glasses and cover with the above mixture, chill thoroughly and serve at once.

—L. Groves

**CREAMED OYSTERS AND CELERY**

Melt two tablespoons butter in a saucepan, add two cups highly seasoned White Sauce and one cup of dried and cooked celery. When all is boiling hot, add one pint of drained oysters, cook till their edges begin to curl. Serve on buttered toast with parsley and paprika.

—A. B.

**FISH PIE**

$\frac{1}{2}$  lb. any cold fish  
 $\frac{1}{2}$  cup fish sauce  
1 lb. cooked potatoes

Pepper and salt  
 $\frac{1}{2}$  oz. butter  
A little milk

Carefully remove all scales and bones from the fish, put into a buttered pie dish, pepper and salt and cover with the sauce. Rice the potatoes, heat in the butter and enough milk to make a creamy consistency, heat well, pile on the fish, fork lightly, brush over with milk and bake.

—L. G.

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boiled salmon or a tin of  
lobster

White sauce  
Pastry shells

Make a rich thick sauce and flavor highly. For salmon add anchovy sauce, put the flaked fish in the sauce and put into pastry shells, serve hot.

—W. H.

### SALMON AND RICE CUTLETS

$\frac{1}{2}$  lb. rice  
 $\frac{1}{2}$  lb. cooked salmon  
2 oz. butter  
1 teaspoon chopped parsley  
Salt and pepper

A little milk or fish stock  
1 or 2 eggs  
Breadcrumbs  
Frying fat

Wash the rice and boil it, mix with the chopped salmon, parsley, etc., and lastly a little milk or stock. Spread the mixture evenly on a plate to cool, shape into small cutlets, egg and breadcrumb and fry a golden brown. Drain and pile on a dish. Garnish with parsley.

—Mrs. Bernard.

### SALMON CREAMS

One pound fresh salmon, chop the raw fish and remove the bones, using a silver knife. Shell and blanch three dozen almonds, put them through a mincer, add the fish, then add one teaspoon onion juice, one teaspoon salt, a little black pepper. Mix thoroughly, add three unbeaten yolks of eggs and half cup cream. When this is smooth, fold in the well beaten whites of the eggs, fill some small moulds, stand in a baking pan of boiling water, cover with an oiled paper and cook in a moderate oven for about 20 minutes. If they have puffed in the centre, cut round the edge with a sharp knife and turn out. Serve with sauce.

—L. G.

### SCALLOPED FISH

Any remains of cooked fish  
Breadcrumbs

A rich White sauce

Make a rich White Sauce, add anchovy sauce to taste, flake the fish and put it into a buttered fireproof dish or dishes; cover with the sauce, sprinkle fresh breadcrumbs on the top, a few small pieces of butter, and bake in a moderate oven.

—W. H.

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## MEATS

### ABERDEEN SAUSAGE

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1 lb. lean beef                      | 1 dessertspoon Harvey's       |
| $\frac{1}{2}$ lb. fat pork           | 1 egg                         |
| 2 small tencrups graded bread-crumbs | 1 teaspoon salt               |
|                                      | $\frac{1}{2}$ teaspoon pepper |

Put beef and pork through the mincer, add the other ingredients and the egg, form into a roll, tie in a floured cloth, very loose at the ends, boil three hours. When cooked, remove the cloth, cover with browned crumbs and serve cold. —L. G.

### BEEF OR VEAL OLIVES

- |   |                            |
|---|----------------------------|
| $\frac{1}{2}$ lb. stewing steak, cut very thin, or fillet of veal | For the Stuffing—          |
| 1 onion   | 2 tablespoons breadcrumbs  |
| $\frac{1}{4}$ oz. flour   | 1 tablespoon chopped meat  |
| $\frac{1}{4}$ oz. dripping  | 1 teaspoon chopped parsley |
| $\frac{1}{4}$ pint stock  | Pepper and salt            |
|   | 1 egg                      |
|   | Milk                       |

Mix all the dry ingredients for the stuffing well together, add the egg and enough milk to bind, cut the meat into pieces about two inches by 2  $\frac{1}{4}$  inches, lay a spoonful of the stuffing on it and roll, fasten with a wooden pin or tie with thread. Put the dripping in a stewpan, when very hot, fry the olives very brown, remove, fry the onion, add the flour and stock gradually and seasoning, bring to a boil, put the olives in again and simmer for two or three hours. Make the rest of the stuffing into balls and steam. Serve around the olives. —L. G.

### BEEF FRITTERS

Mince one pound cold beef and season with pepper and salt. Make a batter with half pint milk and quarter pound flour, when the batter is well mixed, add 1  $\frac{1}{2}$  ounces of melted butter, the whites of two well beaten eggs and the minced meat, stir well and drop a tablespoonful at a time into boiling fat, taking care to keep the fritters separated. They will take about ten minutes, drain well on paper and send to table garnished with parsley. —Mrs. Hanson.

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### BEEF LOAF

3 lbs. minced beef

1 teaspoon salt

A little minced bacon

8 crackers

1 egg

1 teaspoon pepper

A little milk if too dry

A little onion and parsley

Crush the crackers, mix all well together, put in a mould and steam three to five hours.

Mrs. Gardner Polisko.

### PRESSED BEEF

1 lb. beef—uncooked

Nutmeg

$\frac{1}{2}$  lb. ham and bacon mixed

Mace

$\frac{1}{2}$  lb. breadcrumbs

Pepper, etc

Chopped parsley

3 eggs

Boil in cloth like a relay poly for two hours, glaze and decorate

Mrs. Richardson.

### BRAWN

Half or whole pickled pig's head. Boil till the meat comes away from the bones, cut up small, put into a saucepan, seasoning between the layers of meat with plenty of pepper and ground allspice and salt if necessary. Cover with some of the liquid it was boiled in, bring to a boil, put into moulds, fill very full and press well.

W. H.

### BEEFSTEAK PUDDING

$\frac{1}{2}$  lb. suet

Salt

$\frac{1}{2}$  lb. flour

Beef and seasoning

Chop the suet and add the flour and salt. Mix with cold water, roll out about half inch thick. Line a pudding bowl with this pastry, cut up the beef in small pieces, put it in layers into the bowl, sprinkle each layer with flour, pepper and salt and a shred of onion. If you have a beef kidney for alternate layers it is a great improvement. Fill up to the top, cover with cold water and put a lid of pastry on the top, covered with a greased paper and steam about five hours.

—Mrs. Hanson.

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LIBIN'S SELF-SERVING No. 3, 337 17th Av. W Phone M3481

### CORNISH PASTIES

$\frac{1}{2}$  lb. short crust  
2 oz. cold meat  
1 cold potato

$\frac{1}{2}$  onion  
Seasoning

Chop meat and onion, mix up with the potato, roll out the pastry; cut into rounds, damp the edges and put a spoonful of the meat in centre, fold over with edges together. Bake in a fairly hot oven.

—Mrs. Hanson

### CROQUETTES

$\frac{1}{2}$  lb. cold meat  
 $\frac{1}{2}$  oz. dripping  
 $\frac{1}{2}$  oz. flour  
 $\frac{1}{2}$  cup stock

1 teaspoon chopped parsley  
1 teaspoon ketchup or Har-  
vey's sauce  
Pepper and salt

Mince the meat finely, make a sauce of the dripping, flour and stock, add the meat, parsley and seasoning and turn the mixture on a plate to cool. When cold, make into balls or cakes, egg and bread-crumbs and fry in boiling fat, dry on paper and serve at once. One mashed potato added to the mixture is an improvement. —L. G.

### DRY CURRY

Melt butter in saucepan, fry two onions, salt and pepper, add chopped apple and rhubarb, coconut, spoonful of jam, a few cur-rants, add curry powder and one tablespoon flour; mix in a cup of milk (coconut milk preferred) and chopped meat—any kind. Stir well and let stand all day or as long as possible. Heat well and serve with steamed dry rice around the curry and garnish with green. Serve chutney with this dish. —L. G.

## BUY LARD THE REX WAY

216 EIGHTH AVENUE EAST

### GALANTINE OF CHICKEN

- |                    |                              |
|--------------------|------------------------------|
| 1 fowl             | ½ teaspoon grated lemon rind |
| 2 oss. ham         | 1 teaspoon salt              |
| ¼ lb. sausage meat | ¼ teaspoon pepper            |
| ¼ lb. breadcrumbs  | A little cayenne             |
| 2 eggs             |                              |

Bone the fowl commencing by cutting straight down the back, remove the wings, then the legs and last of all the body. Cut off the head and take away the skeleton, draw the legs and wings inside and spread flat on a board cover with a forcement made of the sausage, breadcrumbs, salt pepper, cayenne and lemon rind, lay on the top of the forcement, the ham in small pieces, roll up and tie very tightly in a linen cloth, taking care to have all ends secure. Boil 2½ hours in stock made as follows:

Put the bones and trimmings of the fowl into a pan with two quarts of cold water, half teaspoon pepper, a little parsley and a small onion, boil one hour. Take out the bones and put in the fowl, when done, take out and put between two plates, with a weight on the top to slightly flatten. When thoroughly cold remove the cloth, brush over with gase twice and garnish with slices of hard boiled eggs, tomatoes and parsley.

Mrs. Hanson Pekarek

### DORMERS

- |                          |             |
|--------------------------|-------------|
| ¼ lb. cold mutton        | 1 egg       |
| 2 oss. beef suet         | Breadcrumbs |
| Pepper and salt to taste | Gravy       |
| 2 oss. boiled rice       |             |

Mince the mutton, chop the suet, mix all well together, form into rissoles, egg and breadcrumb and fry in boiling fat. —L. G.

### GATEAU OF MEAT

- |                    |                            |
|--------------------|----------------------------|
| ¼ lb. cooked meat  | ¼ cup stock or gravy       |
| 2 oss. breadcrumbs | 1 teaspoon chopped parsley |
| ¼ a small onion    | 2 yolks and 1 white of egg |

Grease a pain round tin and cover with browned crumbs. Cook the onion and chop finely, mince the meat, removing all skin and gristle. Mix all ingredients well together, cook over the fire for two or three minutes, turn into the prepared tin and bake in a moderate oven about half an hour. Turn the gateau onto a hot dish and pour either brown or tomato sauce around it. —L. G.

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**HAM FUNERAL**

The remains of cold ham,  
minced  
2 or 3 qt. macaroni  
Grated cheese

A few breadcrumbs  
pepper, salt and a little  
cayenne

Boil the macaroni in salt and water, strain and chop. Butter a deep pie dish put in a layer of minced ham and then macaroni, seasoning, a thin layer of grated cheese, fill up the dish in the manner, put a few breadcrumbs on the top and a few pieces of butter over it. Bake about half an hour.

—Mrs. Bernard.

**IRISH STEW**

3 lbs. loin or neck of mutton  
5 lbs. potatoes  
5 onions

Pepper and salt to taste  
Rather more than one pint  
of water

Trim off some of the fat and cut the meat into chops of moderate thickness. Peel and halve the potatoes, cut the onions into thick slices, put a layer of potatoes at bottom of saucepan, then a layer of mutton and onions season with pepper and salt, proceed in this manner until saucepan is full, taking care to have plenty of vegetables on the top. Pour in the water and let it stew gently for 2½ hours keeping the lid of saucepan closely shut and occasionally shaking the saucepan to prevent burning.

—Mrs. Sterling.

**STEWED KIDNEY**

1 beef or 2 veal kidneys  
Dripping

Pepper and salt to taste  
Flour

Skim and cut up the kidney in small pieces, flour and pepper and salt thoroughly, melt a little dripping in a stewpan, saute the kidney, stirring constantly, barely cover with cold water, cover closely and cook gently for about four hours. Serve with small pieces of fried bacon and fried croutons.

—W. H.

**KROMESKYS**

Make a rich and thick white sauce, add to it cold turkey chicken, game or fish cut up very small, flavor to taste, add a very little grated lemon rind, turn out on a plate to cool. When cold it should



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be quite stiff. Have ready some very thin slices of bacon, put a spoonful of the mixture on each slice, roll and pin with a wooden pin, egg and breadcrumb and fry a golden brown, remove the wooden pin and serve garnished with parsley. Oysters are very good done this way. W. H.

### STUFFED BREAST OF MUTTON

Bone a breast of mutton, put the bones into a saucepan with one onion, one carrot, a small turnip, one teaspoon salt, 24 whole peppers and brownings, sufficient cold water to cover, boil slowly for three or four hours on back of stove, strain and leave til next day. Make a forcemeat with 4 ounces breadcrumbs, one dessertspoon chopped suet, one teaspoon dried herbs, two teaspoons chopped parsley, half teaspoon finely minced onion, one t. pepper and nutmeg, moisten with enough milk to make a stiff paste, spread the boned meat on a floured board, flatten and dust it well with flour, salt and pepper, spread on the forcemeat, roll up tightly and secure with tape, melt a little dripping in a pan, fry a sliced onion and the rolled meat for ten minutes, turning over and over, cover with the stock in a casserole and cook in the oven for two or three hours. When cold remove from the casserole, glaze and serve with watercress. —L. G.

### STEWED OX TAILS

2 ox tails

2 onions

Dripping

Pepper and salt

Flour

Wash the ox tails and cut into joints, pepper and salt and flour them, melt a little dripping in a pan, fry the onions in rings, add the ox tails, fry for a few minutes till well browned; cover with cold water and simmer gently for five or six hours in a tightly covered saucepan. Serve with carrots. Thicken the gravy. —W. H.

### SAUSAGES

3 lbs. pork

1 lb. beef

5 teaspoons salt

2 teaspoons pepper

1 teaspoon powdered sage

About  $\frac{1}{2}$  loaf of bread well soaked in cold water

Mince the meat well, squeeze the water out of the bread and mix all well together with the spices, etc. Put through the mincer again into the sausage skins. —W. H.

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### FRIED SWEETBREADS

1 or 2 sweetbreads

Egg

Dried breadcrumbs

Butter to fry

Soak the sweetbreads in warm water to remove all blood, put into a saucepan, cover with cold water and let it come to the boil, boil gently about ten minutes, put on a plate till cold, remove skin or fat, dip in egg and breadcrumbs and fry a golden brown in butter. Serve at once. This is a very nourishing dish and easily digested by invalids.

—W. H.

### JELLIED VEAL

1 shank of veal

1 small piece of pickled pork

1 bay leaf

A few cloves

Salt

Have the bone sawed across and wash thoroughly, cover with cold water and add the other ingredients. Put in a lightly covered kettle and cook in the oven till the meat drops from the bones (six to eight hours). mince the meat; season the liquor, strain and pour over meat and put in moulds.

—Mrs. Hurst.

### PICKLE FOR BEEF, HAMS OR TONGUES

2 gallons of water

8 lbs. coarse salt

2 lbs. sugar

3 ozs. salt petre (powdered)

Boil all together, skims, when cold it is fit for use. Be sure your meat is quite covered by the pickle. A tongue would take about ten days to pickle and other meat in proportion to weight. A little allspice, cloves and mace can be added if liked.

—W. H.

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## SAVOURIES

### ANCHOVY BISCUIT PASTE

Two ounces flour and  $\frac{1}{2}$  ounce butter rubbed together till quite smooth, then add a saltspoon of anchovy essence, 8 drops carmine, a little coralline pepper, a pinch of baking powder and an egg. Mix all well together with a teaspoon of water, roll out very thin and it is ready to bake. Cut it into long fingers about three inches by one inch and spread anchovy butter between.

**Anchovy Butter:** Two ounces fresh butter, one teaspoon anchovy essence, the juice of one small lemon, a few drops carmine and pepper. Mix all well together. —L. G.

### ANCHOVY SAVOURY

1 hard boiled egg	Rich white sauce
Anchovy sauce to taste	Pastry shells
Capers	

Make a small quantity of very thick and rich white sauce; flavor with anchovy sauce to taste, chop up the egg fine, add it to the sauce, fill your cooked pastry shells with the mixture, which should be very stiff, decorate with capers and serve cold. —W. H.

### SARDINE TOAST

Four sardines, boned and minced; three yolks of eggs, 1 ounce butter, 4 tablespoons thin cream, 1 dessertspoon each of Worcester-shire sauce and anchovy and a little chili vinegar. Heat slowly and serve very hot on fried croutons of bread. —W. H.

### CHEESE FONDUE

1 cup scalded milk	1 tablespoon butter
1 cup soft stale breadcrumbs	$\frac{1}{2}$ teaspoon salt
1 cup grated cheese	2 eggs

Put scalded milk in bowl, add butter, then cheese, then the salt and breadcrumbs and mix thoroughly. Then add yolks of eggs which

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have been beaten. Fold in whites of eggs, which have been beaten until stiff, put into greased baking dish and bake about 20 minutes in moderate oven or until it is firm to the touch. Serve at once.

—Mrs. James.

### CHEESE OMELETTE

Beat three eggs and when light add salt and pepper to taste with two ounces grated cheese. Melt tablespoon of butter in pan and when hot pour in the egg mixture, stir at first to prevent sticking. When just set fold over and serve.

—Mrs. Gardner, Pezisko.

### CHEESE OMELET

4 eggs  
1 dessertspoonful flour  
 $\frac{1}{2}$  cup milk  
Butter

Pepper and salt

1 slice of cheese grated and  
sprinkled on after omelet  
is set.

Fold over when cooked.

—Mrs. J. C. Thomson

### CHEESE PUDDING

1 breakfast cup of crumbs  
2 eggs

1 cup milk  
some grated cheese

Mix all together and bake.

—Mrs. J. C. Thomson

### CHEESE PUFFS

$\frac{1}{2}$  cup hot water  
1 tablespoon butter

1 saltspoon salt

Boil a 1 together, then add half cup grated cheese and half cup pastry flour and cayenne pepper, stir until it leaves the side of the pan. Cool and beat into this two eggs, drop spoonfuls on buttered tin and bake about 20 minutes in a quick oven.

—L. G.

### WELSH RABBIT

3 ozs. grated cheese  
1 oz. butter  
Pepper

1 dessertspoon Worcester-  
shire sauce  
1 teaspoon made mustard

Melt in a saucepan and make thoroughly hot, stirring as little as possible, or it will be tough. Pour over pieces of dry toast and serve at once.

—W. H.

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### POTTED CHEESE

- |                   |                             |
|-------------------|-----------------------------|
| 1 lb. cheese      | 2 teaspoons made mustard    |
| 3 ozs. butter     | 1 teaspoon salt and cayenne |
| 2 teaspoons sugar | 1 tinscup new milk          |

Boil the milk, let it stand till cold. Mix sugar, mustard, salt and cayenne well in the milk, then the butter, grate cheese and mix all together with a wooden spoon. Put in a mould and cover with clarified butter.

— Mrs. Cyril Neilson.

### CHEESE STRAWS

- |                      |                  |
|----------------------|------------------|
| 3 ozs. grated cheese | A pinch of salt  |
| 2 ozs. butter        | A little cayenne |
| 2 ozs. flour         | Yolk of one egg  |

Rub all well together, bind with the yolk of the egg and roll out thin on a well floured board, cut into very narrow strips and bake 10 minutes in a moderate oven.

—Maax.

### CHEESE ROLLS

Cut thin slices of bread and butter, cut the crusts off, spread with cream cheese, roll and bake in a fairly hot oven till nice and brown. Serve hot. If ordinary cheese is used, grate and mix with a little milk, pepper and salt.

—Mrs. Norman Dingle.

### CORN FRITTERS

- |               |                        |
|---------------|------------------------|
| 1 can of corn | Enough flour to make a |
| 1 or 2 eggs   | fairly stiff batter    |
|               | Salt and pepper        |

Beat all well together, have ready a pan of boiling fat; drop in spoonfuls and fry a delicate brown, drain and serve.

—W. H.

### SCALLOPED EGGS

- |                                       |                                  |
|---------------------------------------|----------------------------------|
| $\frac{1}{2}$ dozen eggs, hard boiled | Breadcrumbs                      |
| 2 slices ham or bacon,                | Pepper, salt, sauce              |
| chopped fine                          | 1 tablespoon butter              |
| 1 bunch parsley                       | $1\frac{1}{2}$ tablespoons flour |
| About one pint of milk                |                                  |

Melt the butter in a double boiler, thicken with the flour, add the milk gradually and season, stir till thick, then put in the parsley, chopped fine, add the ham, chopped, and lastly the eggs, each cut in

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about eight pieces. Put into a well buttered pie dish or casserole, cover with breadcrumbs, put a few pieces of butter on the top and bake until brown.

—W. B.

### SPANISH EGGS

Three parts cook 3 tomatoes, rub them through a sieve, put one ounce of butter in a pan, add the tomato pulp, season with pepper and salt, break two eggs into the pan and stir all together until thick. Serve on squares of buttered toast.

L. G.

### EGGS AND CHEESE

Boil some eggs hard, make a rich white sauce and flavor well with grated cheese, salt and pepper. Put the eggs in a butter pie dish, pour the sauce over them, grate some cheese on the top and put in the oven to get thoroughly hot.

Mrs. Hanson.

### EGGS AND TOMATOES

Select smooth round tomatoes, cut a slice off stem end and scoop out the pulp, slip in an egg, sprinkle with grated cheese, salt and pepper, cover with buttered breadcrumbs and bake till eggs are set.

—L. G.

### SAVOURY EGGS

Boil some eggs hard, cut in half and remove the yolk, mash it up with some butter, chopped parsley, a little curry powder and pepper and salt to taste, fill the whites with the mixture, put them in the oven to heat. Serve on fried crostons.

Mrs. Hanson.

### EGG PIE

5 eggs, boiled hard  
1 teacup mashed potatoes  
1 teacup boiled rice  
A few chopped capers

A very little vinegar  
Butter  
Worcestershire sauce  
Pepper and salt

Chop the eggs and mix all well together, put into buttered shells or a pie dish, sprinkle with breadcrumbs, put small pieces of butter on top and bake till a light brown.

—Mrs. Herbert Hone

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## MACARONI AND EGGS

2 ozs. macaroni  
 $\frac{1}{2}$  pint good white sauce

Grated cheese  
Pepper and salt

Boil the macaroni for about 20 minutes, put it into a saucepan with the sauce, cheese, etc., when thoroughly hot, put on a dish, lay some poached eggs on it, sprinkle with chopped parsley and serve.

—W. H.

## MACARONI A LA NAPOLITAINE

Boil 3 ounces macaroni, strain and put back in the saucepan again, stir in 2 ounces grated cheese and one ounce butter. Season with salt and pepper. Serve at once.

Mrs. Hanson.

## MINT JELLY

Half ounce gelatine soaked in a little cold water till soft, 2 tablespoons chopped mint—dried mint will do if you cannot get fresh, 1 tablespoon sugar, 1 cup vinegar,  $\frac{1}{2}$  cup water, add enough boiling water to the gelatine to dissolve it. Add to the mint mixture, put into small moulds in a cool place to set. A few drops of green coloring may be added.

—L. G.

## STEWED MUSHROOMS

About  $1\frac{1}{4}$  quarts of mushrooms

Milk and cornstarch or  
flour to thicken

Butter size of an egg

Pepper and salt to taste

Peel and wash mushrooms in salted water, if too large break in small pieces, melt the butter in a saucepan, toss in the mushrooms and cook on the back of the stove very slowly for about three hours, add milk or cream and thicken; add salt and pepper to taste. Serve very hot.

—W. H.

## POTATO PUFFS

2 cups mashed potatoes  
4 tablespoons butter  
 $\frac{1}{2}$  cup sweet milk

$\frac{1}{4}$  cup grated cheese  
Salt and pepper to taste

Form into balls and bake in buttered tin till brown.

—Miss Annie Rutherford.

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## SCALLOPED POTATOES

Peel potatoes and slice them in a dish, sprinkle with salt and pepper and several lumps of butter, cover with milk and bake in a slow oven about one hour.

—Mrs J. M. Black.

## SAVOURY RICE—I.

- |   |   |
|---|---|
| $\frac{1}{2}$ lb. rice                  | 1 tablespoon of chopped parsley and herbs |
| 1 onion                                 | 1 oz. butter                              |
| $\frac{3}{4}$ tablespoons grated cheese | Cayenne and salt                          |
| $\frac{3}{4}$ tablespoons tomato sauce  |   |

Boil the rice in water and when tender and nearly dry, stir in the other ingredients, mix well together and when thoroughly hot make a mould of it in the dish. Macaroni may be used instead of rice.

—Mrs. Sterling.

## SAVOURY RICE—II.

- |            |                 |
|------------|-----------------|
| 1 cup rice | Pepper and salt |
| 1 cup milk | Grated cheese   |
| 2 eggs     |                 |

Wash and boil the rice, add the milk and eggs, well beaten, and seasoning, pour into a shallow dish, cover with grated cheese and bake till brown.

—L. G.

## STUFFED POTATOES

Make large potatoes. Cut in two lengthwise, scoop out the potato, beat it up with a piece of butter one or two eggs, a little milk, chopped parsley, pepper and salt, put into the skins again and bake till it is brown. Minced meat or fish added to the mixture is very good and makes a nice change.

—W. H.

## STUFFED ONIONS

As many large onions as required, peel and scrape out inside carefully, mince some cold meat; mix with breadcrumbs and the inside of



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the onion finely chopped, salt and pepper; mix all well together, stuff the onions, put a small piece of bread on the top and boil in milk or gravy for three or four hours; thicken the milk or gravy to serve with them. —L. G.

### OYSTER TOAST

8 oysters  
¼ oz. butter  
1 tablespoon crumbs  
1 tablespoon cream

4 tablespoons milk  
Salt and pepper  
A slice of buttered toast

Melt the butter in a pan, stir in the crumbs, add the milk, stir till the mixture boils. Whisk the cream until it will just hang on the whisk, then stir in lightly. Boil the oysters and cut each in four, turn all these into the sauce. Trim the toast and put the mixture on, then heat thoroughly in the oven and serve. —Mrs. Eaton.

### SALAD DRESSING—1

Beat three eggs in a bowl, add one cup of cream with a teaspoonful of salt; beat thoroughly, add half cup of vinegar, one cup sugar and tablespoonful mustard (dissolved in extra vinegar), beat again. Then beat in half cup of oiled butter, put bowl in saucepan of boiling water and stir until it thickens. —Mrs. Jewett.

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## SALAD DRESSING—II

Beat four eggs, add two tablespoons sugar, two tablespoons mustard mixed with a little water one teaspoon salt a little pepper, one cup vinegar. Boil together until thick. When ready to serve add cream.

—Mrs. Murray

## SALAD DRESSING—III

- |                         |                     |
|-------------------------|---------------------|
| 1 tablespoon butter     | 1 lemon             |
| 2 tablespoon sugar      | 1 large cup vinegar |
| 2 teaspoons dry mustard | 2 eggs              |
| 1 teaspoon salt         |                     |

Put vinegar in a double boiler, add strained lemon juice, sugar, salt and mustard, butter and eggs, well beaten. Cook till thick.

—Mrs. Hurst.

## SALAD DRESSING—IV

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 small cup sugar               | 1 level teaspoon salt |
| 1 large cup vinegar             | Pepper                |
| 2 heaping teaspoons dry mustard | Beaten yolk of an egg |
|                                 | 2 eggs                |

Mix all well together, add the vinegar last and cook in a double boiler till thick like custard. Thin down with milk before sending to table. If this is kept in a cooler it will keep indefinitely.

—Sarah King.

## CALIFORNIAN SALAD

- |                          |                       |
|--------------------------|-----------------------|
| 1/2 lb. ripe tomatoes    | 3 oz. boiled macaroni |
| 1/2 cold boiled potatoes | Mayonnaise            |
| 2 hard boiled eggs       | Chopped parsley       |
| 1 lettuce                |                       |

Slice tomatoes and potatoes rather thickly, slice and quarter eggs lengthwise, cut macaroni into inch lengths, wash and drain and pull lettuce into small pieces, mix the macaroni with some of the mayonnaise, make a pile in centre of salad bowl arrange around a border of lettuce, then a ring of potatoes, then tomatoes, letting them overlap; pour over a little dressing, sprinkle with parsley and ornament with the egg quarters.

—Mrs. Bernard.

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## CARROT SALAD

- |   |                                  |
|---|----------------------------------|
| 1 large carrot scraped                  | $\frac{1}{2}$ cup broken walnuts |
| $\frac{1}{4}$ green pepper chopped fine | Salt to taste                    |
| $\frac{1}{4}$ cup diced celery          |                                  |

Cover with mayonnaise and serve on lettuce leaves

—Miss Annie Rutherford.

## CHICKEN SALAD

- |                              |                                   |
|------------------------------|-----------------------------------|
| 1 fowl                       | 2 tablespoons granulated          |
| 4 hard boiled eggs           | gelatine                          |
| 2 cups diced celery          | $2\frac{1}{2}$ cups chicken stock |
| 2 dozen large olives chopped |                                   |

Cook chicken with one onion, one carrot and two teaspoons of salt; put chicken in boiling water and cook till tender, then reduce stock to  $2\frac{1}{2}$  cups, remove skin and cut in cubes, cover gelatine in cold water to soften and dissolve in boiling stock, add salt and pepper. Put a little of liquid in mould, then a layer of egg slices, then a layer of olive slices, a layer of chicken and one of celery, continue until all is used, pour the jelly over all and put in cool place to harden. Serve on lettuce leaves with mayonnaise. Sufficient for 16 persons.

—Miss Annie Rutherford.

## CELERY AND GRAPE FRUIT SALAD

Cut grapefruit into thirds lengthwise, dice pulp, add equal quantity of celery, use mayonnaise dressing. Re-fill grape fruit shells and serve.

—Mrs. Watson.

## MYSTERY SALAD

Boil four eggs hard, cool and chop fine. Chop half cup walnuts. Lay a lettuce leaf on individual dish, two slices of banana on it, then a layer of walnuts, about one teaspoon chopped egg, and cover with mayonnaise dressing.

—Mrs. J. M. Black.

## SWISS CHICKEN SALAD

Fill a border mould with finely shredded lettuce, celery and beet-root, add seasoning and enough aspic jelly to set. When cold, turn

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out on a dish, have ready the white meat from a chicken cut in small pieces, pile in the centre and cover with mayonnaise. Whipped cream may be added if liked. Garnish with hard boiled egg, beetroot, etc.

—H. B.

### PINEAPPLE SALAD

Peel small ripe tomatoes of uniform size, cut small piece off one end and scoop out the centre, leaving only the shell. Cut one cupful of pineapple (canned or raw) in small cubes and one-third cup broken walnuts. Fill tomatoes with mixture put spoonful salad dressing on top. Serve on lettuce leaf.

Mrs. Watson.

### FRUIT SALADS

The fruit salad of our dreams is really quite easy to achieve if only you go the right way about it. And this is the right way.

First, though, if you are using fresh fruit, do be careful to wash it really thoroughly. It will improve the flavor of the salad for one thing, more especially in the case of such fruits as apples and oranges, etc.

These, by the way, should always be washed first in cold water and then in very hot water, before being peeled, as it is the hot water which brings out all the delicious flavor of the fruit.

Plums are best peeled and stoned. So, too, are greenapples. Cherries should be washed in hot water, then drained and dried on a clean cloth. Bananas should always be washed before being peeled.

Grapes should be well washed in cold water, drained on a sieve, and then dried on white blotting-paper. Cream should never be added to a fruit salad till the last minute before serving, but the sugar and wine or liqueur or spirit, should always be poured over directly the salad is finished.

When using tinned fruits, turn them from tin into a china basin and leave exposed to air for at least an hour. This improves the flavor enormously.

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### STRAWBERRY AND BANANA SALAD

A tin of sterilized milk

A dozen bananas

Half a pound of strawberry  
or raspberry jam

If possible, half a pound of  
fresh strawberries

Save the jam into a bowl, then add the sterilized milk. Work together with a wooden spoon until thoroughly blended, add the sliced bananas and the strawberries, mix very lightly but thoroughly, and serve at once. The Portuguese use marmalade for this dish instead of jam. And add two ounces of blanched and chopped sweet almonds and a spoonful of orange flower water to the cream.

—Mrs. Noton.

### GOOSEBERRY AND BANANA SALAD

1 pint of stewed and sieved  
gooseberries (bottled  
will do)

6 bananas  
A gill of cream

Top, tail, wash and simmer the gooseberries in water til soft (if not bottled). Strain off the water. Save the berries. Add to the water four tablespoonfuls of golden syrup, blend thoroughly, leave til cold, mix with the sieved fruit, add a tablespoonful of rum or sherry, and the cream and sliced bananas. Cover the top with a pint of whipped strawberry jelly and serve at once.

N.B. You can make this with rhubarb, and it's just as good. In this case use orange, or lemon and vanilla jelly instead of strawberry.

—Mrs. Noton.

### A CHEAP AND UNUSUAL SALAD

1 pint packet of lemon jelly  
3 good oranges

1 tin of raspberries or logan-  
berries

Grate the yellow rind of one orange (after very thoroughly washing), add the jelly, and make up to rather less than a pint with hot water. When nearly cool pour into flat meat tin, and cut into small squares when set. Cut up oranges and mix with jelly squares and tinned fruit.

—Mrs. Noton.

### STUFFED TOMATOES

Six ripe tomatoes; scoop out the middle; have ready some minced meat or chicken, season with salt, pepper and a little savoury herbs. Mix all together, put into the tomatoes, sprinkle a few brown crumbs on the top and a small lump of butter on each. Bake in a greased pan about 20 minutes.

—Mrs. Hanson.

### RICE AND TOMATOES

Wash one cup of rice and boil in water till cooked and dry, add one small onion, cut finely, and a tin of tomatoes, a small piece of butter, pepper and salt to taste, heat thoroughly and serve. —A. B. C.

---

### TOMATOES STUFFED WITH PEAS

Cut tomatoes in two, remove the seeds and fill up with young cooked green peas dressed with mayonnaise sauce and serve round a salad of sliced new potatoes which have been dressed with oil and shalot vinegar and sprinkled with finely chopped parsley and tarragon. —L. G.

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### EGG AND ANCHOVY SANDWICHES

Four hard boiled eggs, chopped very fine; pepper and salt, a little dry mustard, anchovy paste or sauce to taste; enough mayonnaise to make a nice spreading consistency. —W. H.

---

### SARDINE SANDWICHES

One tin sardines, boned and broken up fine with a fork; dry mustard, pepper and salt to taste, a teaspoonful of Worcestershire sauce, about two teaspoons mayonnaise; all mixed together till very smooth. —W. H.

---

### LOBSTER SANDWICHES

One small tin of lobster, about half the quantity of butter, cayenne, salt and lemon juice to taste. Beat the butter to a cream; carefully bone and break up the lobster, mix all well together with the other ingredients. A little thick cream may be added if necessary. —W. H.

---

### SANDWICHES A LA ROYAL

- |                              |                              |
|------------------------------|------------------------------|
| 4 hard boiled eggs           | 4 tablespoons chopped        |
| 4 tablespoons cream or white | chicken                      |
| sauce                        | 2 tablespoons chopped olives |
| 2 tablespoons chopped ham    | Salt and cayenne             |

Work eggs and cream smoothly together with a wooden spoon; add the finely chopped ingredients, mix thoroughly and season well. Spread on thin bread and butter and cut in round, size of a claret glass. —Mrs. Bernard

---

### TOMATOES A LA FRAIMONTE

Three tomatoes, about half the quantity of butter. Beat the butter to a cream, skin the tomatoes and blend up as smooth as possible and add to the butter, pepper and salt to taste, beat well and spread between thin slices of bread. —L. G.

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## PUDDINGS

### APPLE MOULD

Soak 4 ounces washed sage or taproot in  $1\frac{1}{2}$  pints cold water, then simmer gently till thick and transparent. Cook 1 pound apples or other fruit with the grated rind and juice of 1 lemon and sugar to taste, mix with the taproot, pour into a mould and serve cold with cream or custard.

—Miss West.

### APPLE SNOW

6 apples

Sugar to taste

Whites of 2 eggs

Wash the apples thoroughly, skin and put the pulp into a basin, beat well, add the stiffly beaten whites of the eggs, beat all together till it's white and foamy. A little lemon is an improvement. Make a custard with the yolks of the eggs and serve with it when cold.

—Mrs. Bernard.

### RIFF PUDDING

$\frac{1}{4}$  lb. butter

$\frac{1}{4}$  lb. sugar

$\frac{1}{4}$  lb. flour

$\frac{1}{4}$  lb. raisins

2 eggs

Line the mould with candied peel, steam  $1\frac{1}{2}$  hours, and serve with sauce.

—Mrs. A. Elton.

### BISHOP'S PUDDING

3 ozs. ground rice

2 ozs. castor sugar

1 oz. ground almonds

1 oz. butter

2 eggs

1 pint milk

Mix the rice to a cream with some milk and boil the rest, add the creamed rice to the boiling milk and cook till thick, take off the fire and add almonds, butter and sugar. Beat up the eggs and add when mixture is cool, put into a buttered pie dish and bake till set. Garnish with marmalade.

Mrs. W. Hanson, Pekin, Mo.

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## BUFF PUDDING

1½ pints of milk  
2 ozs. butter  
2 ozs. sugar  
2 eggs

Lemon or vanilla to taste  
3 tablespoons flour  
Marmalade

Put one pint of milk in saucepan with butter and sugar, bring to boiling point, have ready the flour blended with the rest of the milk; stir to the boiling milk and cook five minutes. Remove from fire and stir in the well beaten yolks of the eggs with the stirring, mix well. Then beat in the well beaten whites of the eggs very lightly. Put in a pie dish, when cold, put in the oven and brown, spread marmalade over the top while hot. Serve cold.

—Mrs. G. Gifford

## CANARY PUDDING—I.

The weight of three eggs in sugar and butter and of two eggs in flour. The rind of one lemon and three eggs. Melt the butter but do not let it get oily, stir in the sugar and grated lemon rind, gradually dredge in the flour, whisk the eggs, add to the mixture and beat all well together, put in a buttered mould and steam two hours.

L. G.

## CANARY PUDDING—II.

1 cup flour  
¼ cup butter  
¼ cup sugar

2 eggs  
1 teaspoon baking powder  
A little milk

Cream butter and sugar; add each egg separately, beating well. Stir in flour and baking powder lightly, add milk gradually until mixture drops from spoon. Pour into well buttered mould and steam one hour. Serve with jam or custard sauce. A nice light pudding for an invalid.

Mrs. E. Ward.



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#### CASTLE PUDDING

- |   |  |
|---|--|
| 2 eggs and their weight in<br>flour, butter and sugar | $\frac{1}{2}$ level teaspoon of baking<br>powder |
| 1 tablespoon milk                                     | Pinch of salt                                    |

Cream butter and sugar, add eggs separately and beat all well together, stir flour, etc., in lightly. Bake in small cups for twenty minutes and serve with jam heated and poured around, or place jam in cups with pudding on top and steam for half an hour.

—Mrs. Gardner, Pezlake.

#### CARAMEL PUDDING

- |                                     |                      |
|-------------------------------------|----------------------|
| 1 quart milk                        | 1 pinch of salt      |
| 1 cup brown sugar                   | 1 egg                |
| 2 large tablespoons corn-<br>starch | 1 small piece butter |
|                                     | Vanilla              |

Put butter and sugar in a pan to brown. Heat the milk in a double boiler, add the cornstarch mixed with a little cold milk, add the browned sugar and the egg. Cook until thick, put in a dish till cold. Serve with whipped cream on top or send in cream with it.

—Mrs. Hanson

#### CHOCOLATE PUDDING

- |                                   |                         |
|-----------------------------------|-------------------------|
| $\frac{1}{2}$ lb. plain chocolate | 4 ozs. castor sugar     |
| 3 ozs. butter                     | $\frac{1}{2}$ pint milk |
| 4 ozs. breadcrumbs                | Vanilla, very little.   |
| 2 eggs                            |                         |

Grate the chocolate, put it in the milk and boil till chocolate is smooth. Cream butter and sugar together, then add the yolks of the eggs, and the crumbs, mix well and add the milk and chocolate and vanilla. Stir in lightly the well beaten whites of the eggs; pour into a buttered mould and steam for one hour, or it may be baked.

—L. G.

#### COFFEE JELLY

Half ounce gelatine soaked in  $\frac{1}{2}$  cup cold water. Put 3 ounces white sugar in a saucepan with  $\frac{1}{2}$  pint water and stir till it boils; pour over the soaked gelatine and stir till all is dissolved, add  $\frac{1}{2}$

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pint of very strong, clear coffee, strain, add a teaspoon of vanilla and pour into a ring mould. Turn out when cold and fill centre with whipped cream.

—Isabel.

### CORNMEAL PUDDING

- |                                 |                       |
|---------------------------------|-----------------------|
| 1 cup corn meal cooked in water | 3 eggs                |
| 1 cup sugar                     | Butter size of an egg |
| 2½ cups milk                    | ¼ cup molasses        |
|                                 | Pinch of salt         |

Bake 45 minutes in a buttered pie dish. Serve with whipped cream. This makes two fair sized puddings.

—L. G.

### DATE PUDDING

- |                     |                    |
|---------------------|--------------------|
| 5 ozs. dates        | 1 egg              |
| 5 ozs. castor sugar | 1-2 gill of milk   |
| 4 ozs. breadcrumbs  | ¼ teaspoon vanilla |
| 3¼ ozs. butter      |                    |

Cut dates small and mix with breadcrumbs, cream butter and sugar; add egg; beat well; stir in breadcrumbs, dates and milk and vanilla. Put the mixture in greased pudding basin; cover with greased paper and steam 1½ hours.

—Mrs. Jephson.

### DELICIOUS PUDDING

Put a layer of jam in a small pie dish, cover with a sprinkling of stale cake crumbs, beat one cup milk, thicken with one tablespoon of cornstarch, add the yolk of an egg, one tablespoon sugar and one tablespoon butter, cook till it thickens, stirring constantly, pour over the cake crumbs. When it is cool, whip the white of the egg and a little sugar and flavoring, spread over the top and brown in the oven. Serve cold.

—Mrs. King.

### FIG OR DATE PUDDING

- |                     |                           |
|---------------------|---------------------------|
| ½ cup dates or figs | ¼ teaspoon cinnamon       |
| 1 cup breadcrumbs   | ¼ teaspoon baking soda    |
| ½ cup chopped sweet | ¼ cup molasses            |
| 4 tablespoons flour | ¼ cup milk                |
| ¼ teaspoon cloves   | 4 teaspoons boiling water |
| ¼ teaspoon ginger   | 2 eggs                    |

Cut figs or dates fine and sprinkle with flour. Mix all dry ingredients together. Dissolve soda in boiling water, add molasses, milk and eggs well beaten, mix together and steam 1½ hours.

—M. Tempest.

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#### FIG PUDDING

- |                          |                         |
|--------------------------|-------------------------|
| 4 ozs. suet              | 1 oz. orange peel       |
| 4 ozs. sugar             | 4 eggs                  |
| 4 ozs. breadcrumbs       | $\frac{1}{2}$ pint milk |
| 4 ozs. figs cut up small |                         |

Boil the milk with a stick of cinnamon till reduced to half the quantity, add the eggs and mix into the other ingredients, mix well and steam or boil for four hours in a buttered mould. Serve with wine sauce.

—Mrs. Bernard.

#### FIG CUSTARD

- |                            |                            |
|----------------------------|----------------------------|
| $\frac{1}{2}$ lb figs      | A little vanilla           |
| 2 yolks and 1 white of egg | $\frac{1}{4}$ oz. gelatine |
| 1 dessertspoon sugar       | $\frac{1}{2}$ pint milk    |

Stew the figs in a little water till tender, chop finely. Heat the milk, mix the sugar and eggs together, pour in the boiling milk, strain and return to the saucepan, stir till thick but don't boil, add the figs and the gelatine dissolved in two tablespoons cold water, and the flavouring, when cool pour into a mould, when firm, turn out and serve cold.

—L. G.

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#### GOLD PUDDING

To the well beaten yolks of three egg add  $\frac{1}{2}$  cup sugar, one tablespoon butter one cup milk, add three level teaspoons baking powder in two cups sifted flour,  $\frac{1}{2}$  teaspoon salt and one cup seeded raisins. Beat all well together and steam two hours. Serve with white pudding sauce. The golden yellow pudding, with white sauce will please both eye and palate. —Mrs. Teeshimon.

#### HARLOW PUDDING

2 eggs	2 ozs. flour
2 ozs. butter	1 gill milk
2 ozs. castor sugar	

Cream butter and sugar together, add the eggs and flour, lastly the milk. Bake in a buttered pie dish half hour. Serve with raspberry vinegar or jam sauce. —Mrs. Eaton

#### HONEYCOMB CREAM

1 pint milk	Essence of lemon and sugar
$\frac{1}{4}$ oz. gelatine	to taste
5 eggs	

Dissolve the sugar and gelatine in the milk in a double boiler, do not boil, strain and add the beaten yolks of the eggs and return to the fire and allow it to come to the boil stirring all the time. Let it cool and add the well beaten whites of the eggs and the flavoring. Whip these in well and pour into a mould to set.

—Mrs. J. D. Everard.

#### LEMON LAYS

1 cup sage	5 tablespoonsful Golden
5 cups water	Syrup
Rind and juice of 2 lemons	

Boil sage in water and add syrup and lemons. Pour in mould and set to cool. Serve with whipped cream. —Mrs. A. Elton.

#### LEMON PUDDING

$\frac{1}{4}$ lb. flour	$\frac{1}{4}$ lb. chopped suet
$\frac{1}{4}$ lb. sugar	2 eggs
$\frac{1}{4}$ lb. breadcrumbs	1 lemon (rind and juice)

Mix all well together, add enough milk to make it as thick as porridge. Bake in a buttered mould for three hours. Serve with lemon sauce. —Mrs. Bernard.

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#### LEMON SPONGE—I.

5 eggs (whites only)  
2 lemons (juice only)5 tablespoons white sugar  
1 tablespoon gelatine

Put the gelatine into a cup, cover with cold water, beat the whites of the eggs very stiff add the sugar by degrees, beat till quite stiff, dissolve the gelatine with a little boiling water, add to the mixture, beat well, add the lemon juice lastly; beat till firm, put in a mould or pile on a dish. Serve with custard made from the yolks of the eggs and one pint of milk.

—Mrs. Bernard.

#### LEMON SPONGE—II.

Soak one ounce gelatine and rind of two lemons (thoroughly pared) in one pint cold water for one hour. Take out the rind, dissolve the gelatine over the fire, add  $\frac{1}{2}$  pound loaf sugar and the juice of three lemons, let all boil together for three or four minutes, pour through muslin into a deep jar. Beat the whites of the eggs very stiff with a knife on a plate, add to the mixture when beginning to set and whisk to a stiff froth. Put in a mould to cool.

—Mrs. J. M. Black.

#### MAPLE PARFAIT

Yolks of five eggs well beaten; one cup maple syrup, cooked in a double boiler till thick. When cool, add one pint whipped cream; put into a mould and freeze four hours. Walnuts added are a great improvement.

—L. Groves.

#### MARMALADE PUDDING—I.

Three eggs, their weight in flour, sugar and butter three tablespoons orange marmalade,  $\frac{1}{2}$  teaspoon baking soda dissolved in a little milk. Cream butter and sugar together, beat in the eggs; add the marmalade and flour and soda last thing. Pour into a buttered mould and steam  $2\frac{1}{2}$  hours. Serve with sauce as follows:

Half cup boiling water, juice of  $\frac{1}{2}$  lemon, two teaspoons cornstarch, sugar and marmalade to taste. Thicken the water with the cornstarch, add the other ingredients, boil gently for a few minutes and serve.

—Mrs. Bernard.

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### MARMALADE PUDDING—II.

Mix  $\frac{1}{2}$  pound breadcrumbs and three ounces chopped suet with enough marmalade to form a paste. Beat and stir in two eggs and mix well. Pour into a buttered mould and steam for two hours. Serve hot with custard or sweet sauce. —Mrs. G. Gifford.

### MARMALADE AND VERMICELLI PUDDING

3 ozs. vermicelli	1 tablespoon marmalade
$\frac{1}{2}$ pint milk	1 oz. raisins
2 small eggs	1 oz. sugar

Cook the vermicelli in the milk till tender—about 20 minutes; add the raisins, beaten eggs, sugar and marmalade; put into a buttered mould and steam about one hour. Serve with marmalade sauce.

—L. Groves.

### MARMALADE CREAM

1 cup chopped marshmallows      1 cup walnuts

Add a little sugar and one pint whipped cream. Put in a mould and chill.

—Mrs. E. C. Fowler.

### OMULET

5 eggs

1 tablespoon butter

Beat the whites of the eggs very stiff, beat the yolks separately, then add to the whites and beat both together. Melt the butter in a frying pan, pour in the mixture, keep it loose at the sides with a knife, when nearly set, sprinkle over it grated cheese for a cheese omelet and a little pepper and salt. For a savoury omelet, a little chopped ham, parsley, a shred of raw onion very finely minced and pepper and salt. If a sweet omelet is required put a couple of spoonfuls of jam in the centre, then fold the omelet over and slip onto a hot dish and serve at once. Never turn an omelet. Mushrooms, sweetbreads—anything—can be put in this mixture.

—W. H.

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**ORANGE FOOL**

4 oranges (juice)  
 3 eggs  
 1 pint cream

Grated nutmeg  
 Cinnamon and sugar to  
 taste

Cook over the fire till as thick as lemon preserve but do not boil.  
 Pour into a glass dish or custard glasses and serve cold. —W H

**ORANGE PUDDING—I.**

$\frac{1}{2}$  lb. butter  
 $\frac{1}{2}$  lb. white sugar  
 $\frac{1}{2}$  lb. crushed Naples biscuits

4 or 5 eggs  
 1 glass brandy  
 1 or 2 oranges or lemons

Beat the butter to a cream, add the sugar, eggs, crushed biscuits, the grated rind and juice of the fruit and brandy. Mix all well together and bake in a dish lined with puff pastry for about 1  $\frac{1}{2}$  hours in a moderate oven. —Mrs. George.

**ORANGE PUDDING—II.**

3 small or 4 large oranges  
 1 cup sugar  
 2 cups milk

2 tablespoons flour  
 1 tablespoon sugar  
 3 eggs

Peel oranges thin, cut up in pieces and pour over one cup sugar. Let stand while cooking the custard. Put two cups milk in double boiler, mix tablespoon sugar, two tablespoons flour, three eggs (yolks), together and add to boiling milk, stirring constantly until thick. Remove from fire, cool, put fruit and custard in layers in pudding dish, beat egg whites stiff, sweeten (if desired) and put over top of pudding. Brown in oven. Mrs. Macmurtrei.

**ORANGE PUDDING—III.**

4 ozs. flour  
 2 ozs. butter  
 1  $\frac{1}{2}$  ozs. lard  
 1 or 2 eggs

A little milk if necessary  
 Rind of 2 oranges  
 2 ozs. sugar  
 $\frac{1}{4}$  teaspoon baking powder

Cream butter and sugar, sift in half the flour and one egg, then the rest of the flour and baking powder, the other egg and grated orange rind, pour into a buttered mould and steam 1  $\frac{1}{2}$  hours.

—Miss West.



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## PLAIN PANCAKES

- |                          |                         |
|--------------------------|-------------------------|
| 2 cups sour milk         | 2 teaspoons white sugar |
| 3 eggs beaten separately | 1 teaspoon salt         |
| 1 teaspoon soda          |                         |

Flour to thicken. Mix as usual, beat the whites of the eggs and add slowly the last thing before baking. —Mrs. Murray.

## PINEAPPLE CREAM

- |                              |                          |
|------------------------------|--------------------------|
| 1 tall tin of pineapple      | 1 envelope Knox gelatine |
| 1 cup sugar, heated together | dissolved                |
| to melt sugar                | $\frac{1}{2}$ cup water. |

Stir in pineapple and cool.

Whip—One pint cream, two eggs and mix. Stir into first mixture. Pour into moulds. —Mrs. F. J. Butler.

## PINEAPPLE PUDDING

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 2 $\frac{1}{2}$ cups scalded milk | $\frac{1}{4}$ teaspoon salt        |
| $\frac{1}{4}$ cup cold milk       | $\frac{1}{2}$ can grated pineapple |
| 1-3 cup cornstarch                | Whites of 3 eggs                   |
| $\frac{1}{4}$ cup sugar           |                                    |

Mix cornstarch, sugar and salt with cold milk; add to hot milk and cook til thick, boil 15 minutes; add pineapple and whites of eggs beaten to a stiff froth; mix thoroughly. Chd. and serve with cream.

—L. G.

## POTATO PUDDING

- |                                   |                           |
|-----------------------------------|---------------------------|
| $\frac{1}{2}$ lb. mashed potatoes | $\frac{1}{4}$ pint milk   |
| 2 ozs. butter                     | Rind and juice of a small |
| 2 eggs                            | lemon                     |
| 2 ozs. white sugar                |                           |

Mince the lemon peel very fine, mix all well together, put into a well buttered pie dish, bake half an hour; turn out of dish before sending to table and sprinkle a little sugar over it.

—Mrs. Sterling.



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### PLAIN PLUM PUDDING

- |                           |                                       |
|---------------------------|---------------------------------------|
| $\frac{1}{2}$ lb. flour   | $\frac{1}{4}$ lb. sugar               |
| A few breadcrumbs         | $\frac{1}{4}$ teaspoon carbonate soda |
| $\frac{1}{4}$ lb. suet    | dissolved in warm milk                |
| $\frac{1}{2}$ lb. raisins |                                       |

Put in enough milk to make a good batter for heating—about one cup. Salt. Steam two or three hours. —L. S.

### PLUM PUDDING

- |                                      |  |
|--------------------------------------|--|
| 6 ozs. breadcrumbs                   | $\frac{1}{4}$ lb. castor sugar                 |
| 2 ozs. flour                         | 3 or 4 grated carrots                          |
| $\frac{1}{2}$ lb. chopped suet       | $\frac{1}{4}$ nutmeg                           |
| 4 ozs. currants                      | 3 or 4 eggs                                    |
| 4 ozs. stoned raisins, chopped       | 1 wineglass brandy                             |
| 3 ozs. candied peel (finely chopped) | $\frac{1}{4}$ teaspoon soda, added at the last |
| 4 ozs. almonds                       |  |

Enough for one good sized pudding. Boil at least four hours.

—Mrs. Tempest.

### VEGETABLE PLUM PUDDING

- |                           |                             |
|---------------------------|-----------------------------|
| 1 lb. potatoes            | $\frac{1}{4}$ lb. sugar     |
| $\frac{1}{4}$ lb. carrots | 3 ozs. suet                 |
| 1 lb. flour               | 1 nutmeg                    |
| 1 lb. currants            | $\frac{1}{4}$ teaspoon salt |
| 1 lb. raisins             |                             |

Two eggs improves it, spices and peel can be added. Steam four hours. Excellent cold. —Mrs. Richardson.

### ENGLISH CHRISTMAS PLUM PUDDING

- |                              |                                  |
|------------------------------|----------------------------------|
| 1 quart of stale breadcrumbs | 2 ozs. candied lemon peel        |
| 1 lb. currants               | 3 eggs, well beaten              |
| 1 $\frac{1}{2}$ lbs. sugar   | $\frac{1}{4}$ lb. butter, melted |
| 1 lb. seeded raisins         | 3 tablespoons good brandy        |

Mix all ingredients well together and let them stand in a bowl over night. Boil eight hours. Grease bowl well before putting the mixture in. —Mrs. E. B. Taylor

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**PRUNE JELLY**

- |                         |                         |
|-------------------------|-------------------------|
| 1 lb. prunes            | 1 lemon, juice and rind |
| $\frac{1}{2}$ lb. sugar | grated                  |
| 1 oz. gelatine          |                         |

Stone the prunes, dissolve the gelatine, put all into a saucepan with enough water to make about one quart; cook till prunes are tender, put in a mould with a hole in the centre and serve with whipped cream in the centre.

—W. H.

**QUEEN'S RICE**

- |                  |   |
|------------------|---|
| 3 ozs. rice      | $\frac{1}{2}$ oz. gelatine or isinglass |
| 1 quart milk     | Sugar to taste                          |
| 1 teaspoon cream |   |

Boil the rice in the milk till very soft; when quite cold, whip it up with the cream, add the dissolved gelatine or isinglass and sugar; put in ring mould, turn out when cold and fill centre with jam.

—Mrs. Herbert Hens.

**REINE DE SAVA**

- |                                    |                            |
|------------------------------------|----------------------------|
| 3 eggs                             | 1 $\frac{1}{2}$ ozs. flour |
| $\frac{1}{2}$ lb. butter           | 1 lb. sugar                |
| $\frac{1}{2}$ lb. chocolate        | A little vanilla           |
| $\frac{1}{2}$ lb. powdered almonds |                            |

Melt the chocolate until soft, also the butter, mix well together and add the yolks of the eggs one by one, stirring all the time, then add sugar, almonds and flour, beat all well together, then add whites of eggs beaten very stiff, pour into a buttered ring mould and bake in a moderate oven for half an hour or steam for 45 minutes, turn out; put a couple of spoonfuls of jam in centre and about half a cupful of whipped cream.

—Anne Doyle.

**RHUBARB MOULD**

- |                            |                          |
|----------------------------|--------------------------|
| 2 quarts young rhubarb     | 1 oz. gelatine           |
| Juice and grated rind of   | 1 cup water              |
| lemon                      | A few drops of cochineal |
| 1 $\frac{1}{2}$ cups sugar |                          |

Place rhubarb, sugar and water in covered dish in oven. Soak gelatine in small quantity of water, when the juice is extracted from the rhubarb, strain and add gelatine, lemon and cochineal, when set, serve with whipped cream or custard.

—Mrs. Gardner, Peldsko.

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## ROLLED OATS PUDDING

- |                                     |                                 |
|-------------------------------------|---------------------------------|
| $\frac{1}{2}$ cup syrup or molasses | $1\frac{1}{2}$ cups rolled oats |
| $\frac{1}{4}$ cup butter            | 1 small teaspoon of raisins and |
| 1 egg                               | currants                        |
| $\frac{1}{2}$ cup milk              | A little spice if liked         |
| $\frac{1}{2}$ teaspoon baking soda  |                                 |

Mix well together. Steam four hours in a buttered mould. Serve with any sweet sauce. —Mrs. G. M. Bernard

## SAGO PUDDING

- |                 |                   |
|-----------------|-------------------|
| 1 cup sago      | 4 cups water      |
| 1 cup syrup     | Juice of 2 lemons |
| 1 cup marshmalo |                   |

Put all the ingredients into a saucepan and boil till clear

—L. G.

## SISTERS' PUDDING

- |                            |                     |
|----------------------------|---------------------|
| 6 ozs. breadcrumbs (stale) | 1 egg               |
| 1 cup raisins (seedless)   | 1 oz. lemon peel    |
| 2 ozs. butter              | 1 lemon, juice only |
| 2 tablespoons Golden Syrup | 1 pinch of salt     |

Melt butter and syrup together in a dish, add breadcrumbs, raisins, lemon peel (cut fine), salt, lemon juice and lastly the egg (beaten), mix all well together, put in basin and steam for two hours or till in a cloth (not too tight) and boil for  $1\frac{1}{2}$  hours. Serve with sweet sauce or sugar and cream. Mrs. Chas. Barker

## SNOW PUDDING

- |                          |                         |
|--------------------------|-------------------------|
| 2 cups boiling water     | Kind of lemon, juice of |
| 2 tablespoons cornstarch | half lemon              |
| $\frac{1}{4}$ cup sugar  | White of 2 eggs         |

Put on water and sugar to boil, stir in cornstarch, add lemon and juice and then beat well with whisk. Stand back of stove and beat whites of eggs well and then beat into mixture and again whisk well, put into mould. Serve custard made with yolks of eggs, one teaspoon of cornstarch to one cup milk and flavor with vanilla. Add a little custard powder if you wish. —Mrs. F. J. Butler,

**SPANISH CREAM**

- |                |                     |
|----------------|---------------------|
| 1 box gelatine | 3 tablespoons sugar |
| 3 cups milk    | Vanilla to flavor   |
| 2 eggs         |                     |

Soak gelatine in cold milk half an hour, then let it come to the boil, add sugar and yolks of eggs, mix and let boil. Have whites of eggs beaten and stir the boiling mixture into it, put in a mould till next day.

—Mrs. J. M. Black

**SPANISH FLUMMERY**

- |                              |                          |
|------------------------------|--------------------------|
| 1½ ozs gelatine dissolved in | 2 lemons, rind and juice |
| ¼ pint of water              | 1 pint white wine        |
| 4 eggs (yolks only)          | Sugar to taste           |

Mix all well together, boil up once or twice, strain and put into moulds.

Mrs. Bernard.

**TREACLE SPONGE**

- |                    |                             |
|--------------------|-----------------------------|
| 3 ozs butter       | ½ teaspoon of baking powder |
| 3 ozs castor sugar | 2 eggs                      |
| 5 ozs flour        | A little milk               |

Grease basin and put cup of Golden Syrup in the bottom, then add mixture and steam for two hours.

Mrs. Tomlinson.

**YANKEE PUDDING**

One egg, its weight in butter, breadcrumbs and flour. Melt the butter, add egg, flour and breadcrumbs, a dessertspoonful each of jam and marmalade and a little sugar. Beat all well together, add one teaspoon baking soda. Pour into well buttered mould and steam 1½ hours. Serve with sauce.

Mrs. J. S. Peitz.

**YORKSHIRE PUDDING—I.**

- |                     |               |
|---------------------|---------------|
| 1 pint milk         | 2 eggs        |
| 4 tablespoons flour | Pinch of salt |

Put flour in a basin and stir in gradually enough milk to make a batter, when smooth, add remainder of milk and eggs, beating well. (Batter mixed an hour before baking) Pour into a well greased pan and bake 45 minutes.

—Mrs. Cyril Nelson.

**YORKSHIRE PUDDING—II**

- |             |                 |
|-------------|-----------------|
| 2 eggs      | 1½ cups flour   |
| 1 cup milk  | ½ teaspoon salt |
| 1 cup water |                 |

Beat all together thoroughly and bake 20 to 30 minutes in a very hot oven. Pour the batter into a flat tin with boiling fat, this is essential. This pudding can be made two hours before baking.

—Emily E. Hope.

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**PIES**

**PUFF PASTRY**

1 lb. flour  
2 lb. butter

Salt  
Iced water

Mix a large pinch of salt in the flour, roll out the butter in very thin flakes in the flour, put the flakes to one side, reserve about a tablespoonful of butter rub it thoroughly through the flour till it's very crumbly, mix with cold water (the wetter the better as long as you can roll it out) Roll out then, lay flakes of butter all over; fold and put on ice, leave from 10 to 30 minutes, roll out again and put flakes of butter on as before, fold and leave on ice again, do this a third time, which should use up all the butter. Keep on ice till ready to bake. It can be cooked immediately, but is better left over night.  
—W. H.

**ALMOND CHEESECAKES**

$\frac{1}{2}$  lb. sweet and a few bitter  
almonds, blanched and  
chopped fine

5 ozs. white sugar  
3 eggs, the whites beaten to  
a stiff froth

Mix all well together, the mixture should be very dry, and if eggs are large, may not need all. Have patty pans ready lined with puff pastry, half fill with the mixture immediately before putting in the oven.  
—Mrs. Bernard.

**BAKEWELL PUDDING—1**

Line a pie dish with puff paste, put in a layer of strawberry jam, then pour on the following mixture

Bake one large potato, turn out of skin and break up lightly with a fork, add four ounces sifted sugar and the yolks of two eggs and the white of one well beaten, mix well together and flavor with essence of almonds. Bake in a moderate oven  $\frac{1}{2}$  hour

—Mrs. Eaton.

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#### BAKEWELL PUDDING—II

2 ozs. butter	2 eggs
2 ozs. sugar	$\frac{1}{2}$ teaspoon baking powder
2 ozs. ground rice	Essence of almonds

Melt the butter, beat the eggs and sugar together, add the ground rice and baking powder, lastly the melted butter, have ready a shallow dish lined with puff pastry, with a layer of jam about half inch thick; pour in the mixture, which should be about half inch thick, too. Bake in a fairly quick oven. —Mrs. George.

#### BANANA PIE

1 pint milk	1 tablespoon flour
Yolks of 4 eggs	$\frac{1}{2}$ cup sugar
1 tablespoon butter	Vanilla to taste

Cook in a double boiler till thick and smooth, put a layer into a pie plate lined with pastry and ready cooked; then put a layer of sliced bananas, another of the mixture, then bananas again, make a meringue of the whites of the eggs and sugar, spread over the top and put in the oven to brown. —L. G.

#### BUTTERSCOTCH PIE

1 cup brown sugar	Yolks of 2 eggs
2 tablespoons flour	$1\frac{1}{2}$ cups milk or water
1 tablespoon butter	

Place in a double boiler and cook until thick. Use the whites for a meringue or put whipped cream on instead. Pour into a baked pie crust. —Mrs. Posthethwaite.

#### COCOANUT PIE

1 cup cocoanut (shredded)	2 ozs. butter
$\frac{1}{2}$ cup sugar	1 tablespoon jam
1 egg	Short paste

Melt butter in a pan on stove; add sugar, cocoanut and egg (not previously beaten) and beat all together, line a pie plate with good short paste, spread with jam; fill with the mixture and bake in a good oven but not too hot. —Mrs. Chas. Barker.

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### FILLING FOR TARTS

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 lemon (juice and rind)        | $\frac{1}{2}$ cup Golden Syrup |
| 2 eggs                          | $\frac{1}{4}$ cup butter       |
| $\frac{1}{2}$ cup sugar (brown) |                                |

Mix well together and add half cup currants and half cup coconut.

—Mrs. T. G. Devitt.

### GROUND RICE CHEESECAKES

The weight of two eggs in ground rice, butter and sugar, the grated rind of one lemon. Beat all well together, have ready patty pans lined with puff pastry, put a spoonful of jam in the bottom and then cover with the mixture.

—Mrs. Semons.

### GREEN TOMATO MINCEMEAT

Slice tomatoes and sprinkle with salt over night, drain next day and take equal weights of tomatoes and sugar and cook until tomatoes are tender. To every seven pounds of this mixture add three pounds seedless raisins with spices and cook for a short time. This makes a good filling for pies. Bottle while warm.

—Mrs. F. J. Butler.

### LEMON AND APPLE PUDDING

- |                                      |                            |
|--------------------------------------|----------------------------|
| 3 large apples, peeled and<br>grated | 1 cup sugar                |
| 1 oz. of butter                      | Juice and rind of 2 lemons |

Mix all ingredients, put into a pie dish lined with good puff pastry. Bake in a moderate oven till brown. Eat when cold with whipped cream.

—Mrs. H. B. Taylor.

### LEMON CHEESE CAKE—I

- |  |                          |
|--|--------------------------|
| 1 lb. white sugar                        | Juice of 3 lemons and    |
| 6 eggs, leaving out the whites<br>of two | grated rind of two       |
|  | $\frac{1}{2}$ lb. butter |

Put all the ingredients into a pan and stir over a slow fire until it is of the consistency of honey. Pour into a jar and cover. Keep in a cool place. This will keep for years.

—Mrs. H. B. Taylor.

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## LEMON JAM—II.

$\frac{1}{2}$  lb. butter  
2 lbs. sugar

1 dozen eggs  
4 lemons

Beat the eggs well; grate the lemon rind and squeeze the juice, place in a double boiler and cook til the cons. less 3 of honey

—Mrs. Cyrd Nelson.

## LEMON CURD—III.

2 ozs. each of butter and  
sugar  
2 eggs

3 tablespoons cream  
Rind of grated lemon and  
half juice

Simmer for a few minutes (5) in double saucepan.

Mrs. F J Butler.

## MAIDS OF HONOR

1 cup brown sugar  
 $\frac{1}{2}$  cup butter

1 egg  
1 cup currants

Wash currants, dry and sprinkle well with flour before adding to mixture. Line muffin or patty pans with a rather rich pie paste which has been moistened with sweet milk instead of water. Bake in a very moderate oven.

—E. Robie.

## MINCE MEAT—I

3 lbs. chopped apples  
 $1\frac{1}{2}$  lbs. spot  
 $1\frac{1}{2}$  lbs. Valencia and Sultanina  
raisins, mixed  
2 lbs. currants  
 $1\frac{1}{2}$  lbs. castor sugar

6 ozs. candied peel  
2 or 3 lemons, rind grated  
and juice  
1 grated nutmeg  
1 teaspoon salt  
 $\frac{1}{2}$  pint cider or brandy

Place all in a jar and stir every day til sugar is dissolved.

—M. Tempest.



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#### MINCE MEAT—II.

(Tried and True)

- |                   |                                    |
|-------------------|------------------------------------|
| 1 lb. raisins     | $\frac{1}{2}$ lb. blanched almonds |
| 1 lb. currants    | 2 lbs. peeled apples               |
| 2 lb. mixed peel  | Juice and rind of 2 lemons         |
| 1 lb. suet        | Pinch of salt                      |
| 1 lb. brown sugar | Spice to taste                     |
| 1 lb. saltates    | A wineglass brandy or rum          |
- Mrs D. S. Lloyd

#### RICE CHEESECAKES

- |                    |                         |
|--------------------|-------------------------|
| 4 ozs. sugar       | 2 ozs. currants         |
| 3 ozs. ground rice | Lemon or almond essence |
| 4 ozs. butter      | to taste                |
| 2 eggs             | Pinch of baking powder  |

Beat the butter and sugar to a cream, beat in the eggs; add the currants, flavoring and ground rice and baking powder. Have ready patty pans lined with puff pastry, put a spoonful of the mixture in each and bake in a fairly quick oven.

—W. H.

#### WELSH CHEESE CAKES

One cup flour, half cup butter, mix and add water to make paste. With above line 12 patty pans and fill about half full with jam. Place on top of each a spoonful of batter made of one egg weight in sugar, flour and butter; beat well together and add half teaspoon of baking powder.

—Mrs. Gardner, Pekisko.

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**CAKES****ALMOND CAKE**

- |                                      |  |
|--------------------------------------|--|
| $\frac{1}{2}$ cup butter             | $\frac{1}{2}$ teaspoon each of almond, |
| $\frac{1}{2}$ cup sugar              | lemon and orange flavor-               |
| 4 eggs                               | ing                                    |
| $\frac{1}{2}$ teaspoon baking powder | 2 ozs. of almonds (ground or           |
| $1\frac{1}{2}$ cups flour            | finely chopped)                        |

Cream butter, sugar and flavoring, add well beaten eggs and mix well together, sift flour and baking powder, add to the mixture, stirring almonds in last. Bake about an hour in moderate oven.

—Mrs. Gardner, Pekuhke.

**APPLE SAUCE CAKE**

- |                                       |                               |
|---------------------------------------|-------------------------------|
| 2 cups flour                          | $\frac{1}{2}$ cup shortening  |
| 1 cup sugar                           | 2 level teaspoons soda        |
| 1 cup currants and nuts               | 1 teaspoon cinnamon           |
| mixed                                 | 1 teaspoon nutmeg             |
| $1\frac{1}{2}$ cups apple sauce (dry) | $\frac{1}{2}$ teaspoon cloves |
|                                       | Egg, if liked                 |

Bake in a moderate oven

M. D. F.

**ICED COFFEE CAKE**

- |              |                          |
|--------------|--------------------------|
| 4 eggs       | 4 ozs. flour             |
| 4 ozs. sugar | 1 teaspoon baking powder |

Beat the yolks and whites separately, add the latter last of all. Bake in two or three flat tins.

Icing—

3 ozs. butter

7 ozs. long sugar

Very strong coffee to taste

Beat butter and sugar to a cream and add coffee by degrees; spread between the layers and on the top of the cake. W. H.

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## CHRISTMAS CAKE

- |                            |                            |
|----------------------------|----------------------------|
| 4 lbs. raisins             | 2 cups brandy and 1 cup    |
| 2 lbs. currants            | coffee                     |
| 1 lb. citron or mixed peel | 1 tablespoon of nutmeg and |
| 1 lb. almonds              | mace                       |
| 1 lb. brown sugar          | 1 tablespoon of cinnamon   |
| 1 lb. butter               | 1 teaspoon salt            |
| 10 eggs                    |                            |

Mix one pound flour and add second pound of flour after one tea-  
spoonful of baking powder has been added. Mix and bake four or  
five hours in slow oven. Makes two good sized cakes or suitable for  
wedding cake. —Mrs. A. Elton.

## CHRISTMAS CAKE

- |                      |                                     |
|----------------------|-------------------------------------|
| 1 lb. butter         | Rind and juice of one               |
| 1 lb. sugar          | orange and one lemon                |
| 1 dozen eggs         | 2 teaspoons vanilla                 |
| 2 lbs. raisins       | $\frac{1}{2}$ teaspoon soda         |
| 2 lbs. currants      | $\frac{1}{2}$ cup sour milk         |
| 2 teaspoons cinnamon | $\frac{1}{2}$ lb. almonds           |
| 2 teaspoons mace     | $\frac{1}{2}$ crystallized cherries |
| 1 lb. mixed peel     | 1 lb. flour                         |

Bake in a slow oven.

—Mrs. Murray

## CHERRY CAKE

- |                             |                              |
|-----------------------------|------------------------------|
| 1 $\frac{1}{2}$ cups butter | $\frac{1}{2}$ cup rice flour |
| 1 good cup granulated sugar | $\frac{1}{2}$ cup milk       |
| 5 eggs                      | 2 cups raisins               |
| 1 teaspoon baking powder    | 1 cup citron peel            |
| 2 cup glace cherries        | 1 teaspoon vanilla           |
| 4 cups flour                |                              |

Cream butter and sugar together, beat in the eggs, one at a time,  
then add milk and flour alternately; sift the baking powder through  
the flour several times, add vanilla and fruit, mix lightly. Bake one  
hour in a steady oven. —M. Tempest.

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### CHOCOLATE NUT WAFERS

Melt two squares, chocolate, add one cup sugar, two eggs, half cup melted butter, half teaspoon salt, one teaspoon baking powder, three cups flour, one teaspoon vanilla. Spread thinly on pan, sprinkle on one cup chopped walnuts. Bake and cut while warm. —E. Robie.

### CHOCOLATE CAKE—I.

- |                    |                            |
|--------------------|----------------------------|
| 2 eggs             | ½ cup cocoa paste, scalded |
| 2 cups brown sugar | with hot water             |
| ¾ cup butter       | 1 teaspoon soda            |
| 1 cup sour milk    | 2½ cups flour              |

—Mrs. Norman Dingle.

### CHOCOLATE ROLL—II.

Four eggs, beat yolks and add two tablespoons cocoa or chocolate, half cup sugar, beat whites and add last; beat all well and bake in a moderate oven. When cool put whipped cream on and fold.

Sauce for Roll. Three tablespoons sugar and one tablespoon cocoa, vanilla, moisten with a few drops boiling water.

—Mrs. Capers, Pekin.

### CHOCOLATE CAKE—III.

- |                          |                          |
|--------------------------|--------------------------|
| 1 cup sugar              | ½ teaspoon baking soda   |
| ½ cup shortening         | 1 teaspoon vanilla       |
| 1 cup sour milk or cream | 2 eggs                   |
| 1 cup flour              | 2 squares chocolate or 2 |
| 1 teaspoon baking powder | tablespoons cocoa        |

Method: Cream butter and sugar, add yolks of eggs and beat well; add soda to milk and then add alternately with flour, which has the baking powder and cocoa mixed with it, fold in the beaten whites of the eggs. Bake in a moderate oven in layer tin for about 20 to 25 minutes.

—A. Jeffries.

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#### CHOCOLATE CAKE—IV

- |   |                              |
|---|------------------------------|
| $\frac{1}{2}$ cup butter                          | $1\frac{1}{2}$ cups flour    |
| 1 cup sugar                                       | 1 teaspoon baking powder     |
| $\frac{1}{2}$ cup milk                            | 4 whites of egg beaten stiff |
| 5 tablespoons grated chocolate melted in the milk | and added last               |

Bake in two layers, ice with chocolate or butter icing.

—Mrs. Jephson.

#### CHOCOLATE CAKE—V

Four squares chocolate and two-thirds cup butter melted and beaten together, add two cups sugar and four eggs, beaten in one at a time, one cup milk, one cup flour sifted with one rounded teaspoon baking powder

Mrs. E. C. Fowler

#### SUGAR PLUME

- |                              |                                |
|------------------------------|--------------------------------|
| $\frac{1}{2}$ cup of sugar   | 1 teaspoon baking powder       |
| $\frac{1}{4}$ cup shortening | 2 tablespoons cocoa            |
| 3 eggs                       | 1 teaspoon vanilla             |
| 2 tablespoons milk           | $\frac{1}{4}$ cup walnut meats |
| $1\frac{1}{4}$ cups flour    | 2 squares chocolate, melted    |

Cream shortening, add sugar, beaten eggs, milk and flour sifted with baking powder, add cocoa, chocolate and vanilla and nuts. Set aside for two hours, pull off pieces size of a walnut, form into balls. Bake 20 minutes. Ice with mocha icing. This will make fifty small cakes.

—Mrs. E. C. Fowler

#### CINNAMON CAKE

- |                           |                           |
|---------------------------|---------------------------|
| $\frac{1}{2}$ cup butter  | 2 egg yolks               |
| 1 cup sugar               | Pinch of salt             |
| 1 cup milk                | 3 teaspoons cinnamon      |
| $1\frac{1}{4}$ cups flour | 3 teaspoons baking powder |

Method: Cream butter and sugar, add well beaten egg yolks; mix flour, salt, cinnamon and baking powder together, add alternately with the milk. Bake 20 minutes in a moderate oven.

Icing: To the whites of two eggs, beaten stiff, add one cup of brown sugar, beat and spread on cake and brown in oven.

—A. Jefferts.

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### COCOANUT KISSES

2 whites of eggs beaten very  
stiff

Large he 1 cup sugar

1 dessertspoon cornstarch

Large cup shredded coco-  
nut

Put in a double boiler and stir til sugary at the edge (about 20 minutes), stir in the coconut, put in small heaps on greased tin in a hot oven.

—H. D. Peach.

### AUNT HETTY'S COOKIES

1 cup butter  
1  $\frac{1}{2}$  cups white sugar

2 eggs (beaten)

1 teaspoon soda

1 teaspoon cream of tartar

1 teaspoon salt

2 teaspoons vanilla

Roll thin and sprinkle with white sugar before baking in moderate oven.

—E. Robin.

### BISCUITS OR COOKIES

$\frac{1}{2}$  cup butter

$\frac{1}{2}$  cup sugar

1 egg

A very little baking powder

Cream the butter and sugar together beat in the egg and sufficient flour (with the baking powder) to roll out very thin, cut into rounds and bake in a moderate oven about ten minutes. A little grated lemon rind is an improvement.

—W. H.

### CREAM COOKIES

1 cup sugar

$\frac{1}{2}$  cup butter

$\frac{1}{2}$  cup sour cream

2 eggs

$\frac{1}{2}$  teaspoon soda

4 cups flour

—Mrs. J. Ormiston

### DATE CAKE

1  $\frac{1}{2}$  cups fine oatmeal

1  $\frac{1}{2}$  cups white flour

1 teaspoon soda

Filling—

1 package dates

1 cup hot water

$\frac{1}{2}$  cup butter

Pinch of salt

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  cup brown sugar

Put all dry ingredients in bowl, rub in butter until fine and crumbly; put half of crumbs in pan lined with buttered paper, spread with date filling, then remainder of crumbs. Bake until brown.

—Mrs. H. W. Watson.

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#### DATE BARS

- |                         |                          |
|-------------------------|--------------------------|
| 5 eggs                  | 1 cup walnuts            |
| 1 cup flour             | 1 teaspoon baking powder |
| $\frac{1}{2}$ lb. dates | 1 cup sugar              |

Beat the yolks until light, add the sugar; sift flour and baking powder, add dates and nuts cut up very fine, fold in the stiffly beaten whites. Pour to one inch thickness in shallow pans and bake in a slow oven. When cool, cut in bars and sift sugar over them.

—Mrs. Jephson.

#### DATE CAKE

- |  |                                   |
|--|-----------------------------------|
| 1 cup brown sugar                      | 1 lb. dates, seeded and cut       |
| 1 cup butter                           | in two                            |
| 2 eggs                                 | $\frac{1}{2}$ lb. chopped walnuts |
| $\frac{1}{2}$ cup warm milk in which 1 | 2 cups flour                      |
| teaspoon soda has been                 |                                   |
| dissolved                              |                                   |

Mix sugar, eggs and butter together, then add the flour and dates and nuts. Cook in a moderate oven.

—Miss Taylor

#### DATE COOKIES

- |                          |                            |
|--------------------------|----------------------------|
| 2 cups rolled oats       | 2 $\frac{1}{4}$ cups flour |
| 1 cup brown sugar        | $\frac{1}{2}$ cup butter   |
| $\frac{1}{2}$ cup lard   | $\frac{1}{2}$ cup milk     |
| 1 teaspoon baking powder |                            |

Roll out thin, cut into biscuits, bake and put the following mixture between

- |             |                   |                 |
|-------------|-------------------|-----------------|
| 1 lb. dates | 1 cup brown sugar | 1 cup hot water |
|-------------|-------------------|-----------------|
- Cook well and put between cookies. Mrs. J. H. Benjamin.

#### DATE STICKS

- |                    |   |
|--------------------|---|
| 2 eggs             | 1 cup walnuts                           |
| 3 tablespoons milk | 1 cup dates                             |
| 1 cup sugar        | 1 $\frac{1}{2}$ teaspoons baking powder |
| 1 cup flour        |   |

Bake in a moderate oven, when cooked sprinkle with icing sugar and cut in fingers.

—Mrs. Norman Dingle.



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### DOUGHNUTS

- |                    |                              |
|--------------------|------------------------------|
| 1 cup sugar        | 1 cup mashed potatoes        |
| Butter size of egg | 4 cups flour                 |
| 2 eggs             | 5 teaspoonfuls baking powder |
| 1 cup sweet milk   | Nutmeg and cinnamon          |
| Pinch of salt      |                              |

—Mrs. J. Ormiston.

### GOOD ENGLISH FRUIT CAKE

- |                                |                          |
|--------------------------------|--------------------------|
| 1½ cups butter                 | 4 cups suetanes          |
| 1½ cups sugar                  | 4 cups flour             |
| 8 eggs beaten in two at a time | 1 teaspoon baking powder |
| 1 cup cherries                 | 1 teaspoon lemon extract |
| 1 cup citron                   | ¼ cup of cream           |

Bake in very slow oven.

—Mrs. Geo. Heseltine.

### ECONOMICAL FRUIT CAKE

- |                 |                            |
|-----------------|----------------------------|
| 2 cups flour    | 1 cup raisins and currants |
| 1 cup sugar     | 1 teaspoon soda            |
| 1 cup sour milk | ¼ teaspoon salt            |
| ¼ cup butter    | ¼ teaspoon allspice        |

Cream butter and sugar, add milk with soda and salt dissolved in it; then flour mixed with spice and fruit. Mix thoroughly and bake in a moderate oven.

—H. D. Peach.

### EXCELLENT FRUIT CAKE

- |                    |                          |
|--------------------|--------------------------|
| 1 lb. butter       | ¼ lb. candied peel       |
| 2 cups brown sugar | 3½ cups flour            |
| 10 eggs            | ¼ teaspoon baking powder |
| ½ lb. almonds      | Pinch of salt            |
| 1 lb. raisins      |                          |

Cream butter and sugar together, add the eggs unbeaten, beat well, then add fruit and lastly flour and baking powder and salt. Bake first hour in a cool oven, gradually increasing heat for the next four hours.

—Mrs. Llewellyn Hurst.

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### FRUIT CAKE

- |                   |                                  |
|-------------------|----------------------------------|
| 3 eggs            | 6 ozs. sugar                     |
| 6 ozs. butter     | 1 1/2 ozs. almonds, blanched and |
| 10 ozs. flour     | chopped                          |
| 6 ozs. raisins    | 1/2 teaspoon baking soda,        |
| 6 ozs. currants   | blended in a little milk         |
| 2 ozs. mixed peel | 1 teaspoon molasses              |
| 3 ozs. raisins    |                                  |

Beat the butter to a cream with the sugar, add yolks and whites of eggs beaten separately, then the molasses, fruit, flour and soda. Bake in a moderate oven 1 1/2 to 2 hours. This cake should be kept two or three weeks before it is cut. —Mrs. Sterling

### FRUIT CAKE

- |                     |                     |
|---------------------|---------------------|
| 1 lb. butter        | 1/2 lb. almonds     |
| 1 lb. sugar         | 1/2 lb. mixed peel  |
| 9 or 10 eggs        | 1 1/2 lbs. flour    |
| 1 1/2 lbs. currants | Rind of 2 lemons    |
| 1 1/2 lbs. raisins  | 1/2 oz. nutmeg      |
| 1 teaspoon salt     | 1/2 oz. mixed spice |

Method Cream butter and sugar until light, add teaspoonful salt; work in eggs one at a time. Work the flour in gradually; then add dry ingredients, but only beat in a little at a time. See that the whole is thoroughly mixed. Line large tin with brown paper and bake in a moderately cool oven. This will make three good sized cakes. —Mrs. Noble.

### RICH FRUIT CAKE

- |                         |                          |
|-------------------------|--------------------------|
| 1 lb. butter            | 7 eggs, well beaten      |
| 1 lb. sugar             | 1/2 cup sour cream       |
| 4 cups flour            | 1 teaspoon baking soda   |
| 1 lb. seeded raisins    | 1 teaspoon nutmeg        |
| 2 lbs. seedless raisins | 1 teaspoon ground cloves |
| 1 lb. dates             | (cinnamon if preferred)  |
| 1/2 lb. shelled almonds | 1/2 cup molasses         |

Put spices into syrup, melt butter and add sugar, beat to a cream; add syrup, then eggs that are beaten light, put soda into cream, then flour and lastly fruit well rolled in flour, and bake in a moderate oven for two hours or more. —Mrs. Tomlinson.

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### GENOA CAKE

- |                          |                           |
|--------------------------|---------------------------|
| $\frac{1}{2}$ lb. butter | 2 ozs. almonds            |
| $\frac{1}{2}$ lb. flour  | $\frac{1}{2}$ lb. raisins |
| 6 ozs. sugar             | 2 ozs. peel               |
| 6 eggs                   | 1 lemon (rind)            |
| 1 teaspoon baking powder |                           |

Method Cream butter and sugar together for 20 minutes; add raisins (cleaned), the peel and eggs one by one. Lastly add almonds chopped in strips, also baking powder and lemon rind. Bake in a well buttered and paper lined tin for one hour in a moderate oven.

—Mrs. Noble.

### GINGER SNAPS

- |                |                               |
|----------------|-------------------------------|
| 1 cup molasses | $\frac{1}{2}$ cup brown sugar |
| 1 egg (beaten) | $\frac{1}{2}$ cup butter      |

Cook ten minutes in double boiler, let cool. Add two teaspoons ginger, one teaspoon soda dissolved in half cup water, flour to roll. Chill and roll thin.

—Mrs. Watson.

### GINGER COOKIES

- |                   |                    |
|-------------------|--------------------|
| 1 egg             | 1 cup sour milk    |
| 1 cup brown sugar | 2 teaspoons soda   |
| 1 cup molasses    | 2 teaspoons ginger |
| 1 cup lard        |                    |

—Mrs. J. Ormiston.

### GINGERBREAD NUTS

- |                   |  |
|-------------------|--|
| 1 lb. flour       | $\frac{1}{2}$ oz. ground ginger            |
| 1 lb. brown sugar | $\frac{1}{2}$ lb. butter, lard or dripping |

Add enough syrup to make all into a stiff paste and drop on a buttered tin.

—Mrs. George.

### GINGERBREAD

- |  |   |
|--|---|
| 1 lb. flour                                | 1 egg   |
| $\frac{1}{2}$ lb. brown sugar              | 1 teaspoon baking soda dissolved in a cupful of warm milk |
| $\frac{1}{2}$ cup syrup                    |   |
| $\frac{1}{2}$ lb. butter, lard or dripping |   |
| $\frac{1}{2}$ oz. ground ginger            |   |

Cream butter and sugar together, beat in the egg; add the syrup, ginger, milk and flour and bake in a moderate oven for one hour.

—W. H.

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### OLD-FASHIONED GINGERBREAD

- |                                |   |
|--------------------------------|---|
| 2 lb. breadmeal or brown flour | 2 oz. brown sugar                           |
| 1 lb. flour                    | 2 oz. ground ginger                         |
| 1 1/2 cups syrup (treacle)     | 4 eggs (less would do)                      |
| 8 oz. butter or dripping       | 1 teaspoon carbonate soda dissolved in milk |
- Mix well and bake in slow oven. —L. S.

### HERMITS—I.

- |                      |                                     |
|----------------------|-------------------------------------|
| 1 cup brown sugar    | 1 teaspoon powdered cinnamon        |
| 1 cup butter         | 1 teaspoon nutmeg                   |
| 1 cup seeded raisins | Flour to thicken (about 2 1/2 cups) |
| 3 eggs               |                                     |
| 1/2 teaspoon soda    |                                     |
- Drop on buttered tin and bake in a quick oven.

—Mrs. D. E. Machen.

### HERMITS—II

- |                      |                    |
|----------------------|--------------------|
| 1 cup brown sugar    | A pinch of salt    |
| 1/2 cup butter       | 1/2 teaspoon soda  |
| 2 eggs               | 2 cups white flour |
| 4 tablespoons milk   | 2 cups rolled oats |
| 1/2 cup chopped nuts | 1/2 cup raisins    |
- Make stiff and drop from teaspoon. —Mrs. Watson.

### JOSEPHINE CAKE

- |                  |                            |
|------------------|----------------------------|
| 1/2 lb. butter   | 1 lb. flour                |
| 1/2 lb. sugar    | 1/2 teaspoon baking powder |
| 1/2 lb. currants | A glass of white wine      |
| 5 eggs           |                            |

Cream butter and sugar together, beat in the eggs; then the currants and flour. Bake in a moderate oven one hour. —W. H.

### KISSES

- |                          |  |
|--------------------------|--|
| 2 eggs                   | 1 cup almonds, blanched and chopped fine |
| 1 cup white sugar        | 2 cups coconut                           |
| 1 1/2 cups chopped dates | 1 teaspoon vanilla                       |
| 1 cup walnuts            | 4 cups cornflakes                        |

Roll in a ball size of a walnut. Bake in a quick oven.

—Mrs. Murray.

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- |                              |                      |
|------------------------------|----------------------|
| 2 cups flour                 | 1-3 cup milk         |
| 2 teaspoons baking powder    | 2 Eggs (well beaten) |
| $\frac{1}{2}$ cup shortening | Nutmeg and vanilla.  |
| 1 cup brown sugar            |                      |

Drop from teaspoon on baking tin and sprinkle with white sugar  
before baking Moderate oven E. Robt.

**LAYER CAKE**

Beat two eggs and one cup sugar well; add one cup cream, sift  
into this  $1\frac{1}{2}$  cups flour and add three teaspoons baking powder.  
Bake about 12 minutes. —Mrs. Norman Dingle.

**DARK LAYER CAKE**

- |  |                      |
|--|----------------------|
| $1\frac{1}{2}$ cups brown sugar            | 3 teaspoons cinnamon |
| 1 cup sour milk                            | 2 teaspoons cloves   |
| $\frac{1}{2}$ cup butter or lard           | 2 teaspoons nutmeg   |
| 3 eggs (yolks only)                        | 1 cup seeded raisins |
| 1 teaspoon baking soda in the<br>sour milk | 2 cups flour         |

Fill and frost with boiled icing, using—

- |                                  |                            |
|----------------------------------|----------------------------|
| $\frac{1}{2}$ cup of brown sugar | $\frac{1}{2}$ cup of water |
| $\frac{1}{2}$ cup of white sugar | 3 whites of eggs           |

Mrs. Wm. Graves.

**LEAMINGTON CAKE**

- |                              |                             |
|------------------------------|-----------------------------|
| $\frac{1}{2}$ cup butter     | $1\frac{1}{2}$ cups flour   |
| $\frac{1}{2}$ cup sugar      | $\frac{1}{2}$ teaspoon soda |
| 2 eggs                       | 1 teaspoon cream of tartar  |
| $\frac{1}{4}$ cup sweet milk | Flavor to taste             |

Icing—

- |                                     |                            |
|-------------------------------------|----------------------------|
| $\frac{1}{2}$ lb. pulverized sugar  | 1 tablespoon boiling water |
| 2 ozs. butter, creamed to<br>gether | 2 teaspoons cocoa          |
|                                     | Flavor with vanilla        |

Beat well after adding each ingredient. Cut cake in squares;  
spread with the icing and roll in coconut. —Mrs. E. M. Lawther.

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## LIGHTNING CAKE

Melt  $\frac{1}{2}$  cup butter in a cup, break two eggs into it and fill cup to overflowing with milk. Mix in a bowl with one small cup of sugar; add  $1\frac{1}{2}$  cups flour sifted with  $1\frac{1}{2}$  teaspoons baking powder and pinch of salt. Beat all together and bake. Two or three teaspoons of cocoa may be added, or a little spice and chopped walnuts.

—H. D. Peach.

## GOOD LUNCH CAKE

$\frac{1}{2}$ lb. brown sugar	2 ozs. lard
1 lb. flour	2 eggs
$\frac{1}{2}$ lb. currants and raisins	Spice to taste
1 oz. candied peel	1 teaspoon baking powder
2 ozs. butter	

If eggs not enough, moisten with milk. Beat well. —L. S.

## LUNCH CAKE

4 ozs. cornstarch	4 ozs. sifted sugar
2 ozs. flour	8 ozs. butter
$\frac{1}{2}$ teaspoon baking powder	2 eggs

Cream butter and sugar together, add the beaten eggs, mix dry ingredients together and add to the rest. Mix well and bake in a greased tin in a rather quick oven about half hour, or in patty tins for ten minutes.

—Mrs. J. D. Everard.

## MACAROONS

$\frac{1}{2}$ lb. ground sweet almonds	$\frac{1}{2}$ lb. castor sugar
Whites of 3 eggs	Wafer paper

Method Mix sugar and ground almonds well together, then put them into a large bowl, add white of eggs and well rub the mixture into a smooth paste. When it begins to get stiff and stands up well it is ready. Spoon out mixture on to sheets of wafer-paper; place a split almond on top of each and bake in a cool oven. —Mrs. Noble.

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## MAPLEINE CAKE

$\frac{1}{2}$  cup sugar  
 $\frac{1}{2}$  cup hot water

1 teaspoon Mapleine

Melt the sugar over fire, do not burn; add the hot water and cook smooth, add mapleine and cool. Should be four tablespoons syrup.

$\frac{1}{2}$  cup shortening  
 $1\frac{1}{2}$  cups sugar  
 $2\frac{1}{2}$  cups sifted flour  
 $\frac{1}{2}$  teaspoon salt

2 teaspoons baking powder  
3 eggs  
1 cup warm water

Cream shortening and sugar well, add the three beaten eggs, sift together dry ingredients, alternate with cup water, beating thoroughly, then at the last add the mapleine liquid. Pour in greased pan and bake. When cool spread with icing.

$1\frac{1}{2}$  cups sugar  
 $\frac{1}{2}$  cup water  
2 eggs

2 tablespoons white corn  
syrup  
 $\frac{1}{2}$  teaspoon Mapleine

Cook sugar, water and syrup until it spreads two inches from spoon. Pour over stiffly beaten egg whites, add mapleine. Beat until consistency to spread.

—Mrs. Roscoe G. Sutherland.

## MOCHA CAKE

$\frac{1}{2}$  cup butter  
 $1\frac{1}{2}$  cups sugar  
1 cup milk

2 cups flour  
2 teaspoons baking powder  
2 eggs

Cream butter and sugar, add the beaten yolks of the eggs, sift baking powder in the flour and add alternately with the milk to the above ingredients; lastly add the stiffly beaten whites. Bake in a flat tin.

Icing: One cup powdered sugar,  $\frac{1}{2}$  cup butter, creamed together, add two tablespoons hot coffee and two tablespoons dry cocoa, flavor with vanilla. Cut the cake into squares, cover with icing and roll in chopped almonds if desired.

—M. Tempest.

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### MOLASSES COOKIES

- |                              |                             |
|------------------------------|-----------------------------|
| 1 cup butter and lard melted | 2 teaspoons soda            |
| 1 cup sugar                  | 4 cups flour (more or less) |
| 1 egg                        | 4 teaspoons brown sugar     |
| $\frac{1}{2}$ cup sour milk  | 1 teaspoon ginger           |
| 1 cup molasses               |                             |

Stir together sugar, butter, egg and molasses, dissolve soda; add flour and ginger together. Make a moderately stiff dough, roll out and bake in a moderate oven.

—Mrs. Hurst.

### NUT CRISPS

- |                                  |                             |
|----------------------------------|-----------------------------|
| 1 tablespoon butter              | 2 teaspoons baking powder   |
| 1 cup sugar                      | $\frac{1}{2}$ teaspoon salt |
| 2 $\frac{1}{2}$ cups rolled oats | A few drops vanilla         |
| 2 eggs, well beaten              |                             |

Mix all well together and drop spoonfuls on a well buttered pan, as they are inclined to stick. Bake in a moderate oven.

—Mrs. Hansen.

### OAT CAKE

- |                                     |                             |
|-------------------------------------|-----------------------------|
| 2 $\frac{1}{2}$ cups Scotch oatmeal | $\frac{1}{2}$ lb. butter    |
| 2 cups flour                        | $\frac{1}{2}$ teaspoon soda |
| 1 cup brown sugar                   |                             |

Rub all together, lay half mixture in bottom of pan, pack well.

Filling—

- |                               |                    |
|-------------------------------|--------------------|
| 1 packet dates (stoned)       | 1 cup water        |
| $\frac{1}{2}$ cup white sugar | Boil three minutes |

Place in pan, cover with other half dry mixture, bake half an hour in slow oven.

—Mrs. D. S. Lloyd.

### ORANGE CAKE—I

- |                             |                            |
|-----------------------------|----------------------------|
| $\frac{1}{2}$ cup butter    | Juice and rind of one      |
| 1 cup brown sugar           | orange put through the     |
| 2 eggs                      | chopper                    |
| $\frac{1}{2}$ cup sour milk | 1 cup seedless raisins put |
| 1 teaspoon baking soda      | through the chopper        |
|                             | 2 lev. cups flour          |
|                             | Pinch of salt              |

Icing if preferred. This cake will keep for two weeks.

—W. Zeigler.



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3 eggs  
Their weight in flour  
Sugar and butter

Rind of one orange and  
half the juice  
1 small teaspoon baking  
powder

Beat butter and sugar to a cream; add two eggs and half the flour, beat well, then the orange rind and juice, the rest of the flour and baking powder and lastly the third egg. Bake in a flat buttered tin. Icing—

Six ounces icing sugar and enough orange juice to make a thick cream, pour over the cake while still warm and spread evenly. A spoonful of butter beaten into the icing sugar before adding the orange juice is an improvement to the icing. —Mrs. Pomery.

**ORANGE COOKIES**

1 cup brown sugar  
 $\frac{1}{4}$  cup butter  
2 cups flour

1 egg  
4 level teaspoons baking  
powder

Juice and grated rind of one orange, roll thin and bake in moderate oven. —E. Robie.

**PLAIN CAKE**

$\frac{1}{2}$  cup butter  
 $1\frac{1}{4}$  cups sugar, creamed  
together

Yolks of 3 eggs  
1 cup milk

Two cups flour sifted with two teaspoons baking powder, added alternately with the milk, and lastly the beaten whites of the eggs and vanilla. —Mrs. E. C. Fowler.

**POUND CAKE**

Cream half pound butter; add half pound flour and cream well; four eggs, yolks and whites beaten separately, then add half pound sugar between the two. Add eggs and sugar to the flour and butter; add flavoring and mix well. —Mrs. E. C. Fowler.

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## DARK PLUM CAKE

- |   |                                      |
|---|--------------------------------------|
| $\frac{3}{4}$ lb. butter                  | 1 lb. seedless raisins               |
| $\frac{3}{4}$ lb. sugar (brown)           | 1 lb. currants                       |
| 2 tablespoons molasses or<br>Golden Syrup | 1 packet dates                       |
| 4 eggs                                    | $\frac{1}{2}$ lb. mixed peel         |
| 1 lb. flour                               | 1 glass whiskey                      |
| 1 teaspoon baking soda                    | A little salt if not moist<br>enough |

Cream butter and sugar together, add molasses, then eggs, beating in one by one thoroughly, then flour and baking soda mixed through it, add whiskey and milk. Have ready a tin lined with buttered paper, put in the mixture and bake about three hours. When cake is well browned you can preserve color and keep moist by covering with a saucepan lid.

--Mrs. G. Gifford.

## RANCH CAKE

- |  |                                   |
|--|-----------------------------------|
| 1 $\frac{1}{2}$ lbs. flour             | Candied peel                      |
| $\frac{1}{2}$ lb. sugar                | 1 cup milk                        |
| $\frac{1}{2}$ lb. raisins and currants | Grated rind of a lemon            |
| $\frac{1}{2}$ lb. butter               | 1 small teaspoon baking<br>powder |
| 4 eggs                                 |                                   |

Cream butter and sugar together, beat in the eggs, add the milk, fruit, etc., keeping the flour and baking powder to the last, beat well together and bake in a moderate oven about 1  $\frac{1}{2}$  hours. W. H.

## ROCK CAKES

- |  |  |
|--|--|
| 1 cup butter                           | 1 cup broken walnuts   |
| 1 $\frac{1}{2}$ cups white sugar       | 1 teaspoon baking soda dis-<br>solved in 1 tablespoon<br>hot water |
| 3 eggs                                 |  |
| $\frac{1}{2}$ teaspoon ground cloves   | 2 $\frac{1}{2}$ cups flour   |
| $\frac{1}{2}$ teaspoon ground cinnamon |  |
| 1 lb. chopped dates                    |  |

Cream butter and sugar; add the beaten yolks of the eggs, mix in other ingredients in order given and lastly the whites of the eggs beaten dry. Drop in spoonfuls on buttered pans and bake in a fairly quick oven.

--Mrs. L. H. Benjamin.

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**RUMFORD CAKES**

One, two, three or four eggs, their weight in the shell, of flour butter and sugar. Beat the eggs and sugar together, add the flour and the butter, which should be melted but not hot. Put into patties tins and bake about ten minutes in a moderate oven.

—Mrs. Sterling.

**SARAH'S CAKE**

Beat half pound butter to a cream, add gradually one pound flour and two teaspoons of baking powder, 8 ounces sugar, one pound currants, three ounces peel, two ounces almonds. Mix all thoroughly and moisten with three eggs, well beaten, and a little milk if too stiff a dough.

—E. A. D.P.

**SEED CAKE**

6 ozs. butter	$\frac{1}{2}$ teaspoon baking powder
6 ozs. sugar	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ lb. flour	4 eggs
1 tablespoon caraway seeds	

Cream butter and sugar together, beat in the eggs, add the milk, caraway seeds, flour and baking powder. Bake about one hour in a moderate oven.

—Sanzo Shambushi

**SHORTBREAD—I.**

$\frac{1}{2}$ cup brown sugar	A little better than 3 cups
$\frac{1}{2}$ lb. butter	flour

Cream butter and sugar together and add the flour gradually and knead until it begins to break.

—Mrs. B. Huckell Edmonton.

**SHORTBREAD—II.**

3 cups flour	$\frac{1}{2}$ lb. butter
$\frac{1}{2}$ lb. icing sugar	

Rub butter well into flour and sugar, knead until proper consistency to roll into two cakes. Bake 20 minutes in a slow oven.

—Mrs. Hurst.

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## SHORTBREAD—III

- |                                   |                          |
|-----------------------------------|--------------------------|
| $\frac{3}{4}$ lb. flour           | 2 ozs. sugar             |
| 2 ozs. rice flour (or all. flour) | $\frac{1}{4}$ lb. butter |
| 1 teaspoon baking powder          |                          |

Sift dry ingredients together, add butter and work till smooth and not inclined to crack, roll out quarter inch thick; cut into squares and bake in a moderate oven about 20 minutes —Mrs. G. Gifford.

## SHORT COOKIES

- |                           |                             |
|---------------------------|-----------------------------|
| 1 cup granulated sugar    | 1 pinch of nutmeg           |
| 1 cup butter              | Flour to make a stiff dough |
| 2 eggs                    | (about $2\frac{1}{4}$ cups) |
| 2 teaspoons baking powder |                             |

Cream butter and sugar together and whip eggs light, add flour, etc., and roll out thin, cut into rounds and bake. —M. Tempest.

## MINCE CAKE

- |                          |                            |
|--------------------------|----------------------------|
| $\frac{1}{4}$ lb. butter | $\frac{1}{4}$ lb. currants |
| $\frac{1}{4}$ lb. sugar  | 5 eggs                     |
| $\frac{1}{4}$ lb. flour  |                            |

Mix well together and put half in bottom of cake tin; then in the middle of cake put the following mixture: Half pound ground almonds, half pound sugar and two eggs made into a paste; cover with the other half of the first mixture and bake  $2\frac{1}{4}$  hours in a slow oven.  
—Mrs. Hanson, Pekesko.

## SPANISH BUN

- |                                 |                                |
|---------------------------------|--------------------------------|
| 1 egg and yolks of 3            | 2 cups flour                   |
| $1\frac{1}{4}$ cups brown sugar | 2 or 3 teaspoons baking powder |
| $\frac{1}{2}$ cup butter        |                                |
| 1 cup milk                      | 2 tablespoons mixed spice      |

Frosting: Whites of three eggs, one cup brown sugar. Put in the oven and brown.  
—Mrs. J. M. Black.

**SPICE CAKE**

3 eggs	1 teaspoon grated nutmeg
1 1/4 cups sugar	1 teaspoon cinnamon
1 cup butter	1 teaspoon cloves
1 cup buttermilk	1 cup raisins
1 teaspoon baking powder	1/4 lb. walnuts
1/2 teaspoon soda	3 cups Five Roses flour

Bake in a slow oven about 40 minutes.

—Mrs. Murray

**SPONGE ROLL—I.**

1 cup sugar	1 1/4 teaspoons baking powder
1 cup flour	5 tablespoons boiling water
2 eggs	

Method: Mix and sift all dry ingredients, stir in eggs, well beaten, add the boiling water, beat well, pour into well buttered pans and bake 20 minutes. Wring out a cloth in boiling water, put a sheet of greased paper on top, turn out cake on this, spread with jam and roll quickly.

—Mrs. Noble.

**SPONGE ROLL—II.**

1 cup flour	1 teaspoon baking powder
1/2 cup sugar	

Mix together with two eggs and three tablespoons of milk. When cooked, spread with jam and roll quickly.

Mrs. Norman Dingle.

**SPONGE CAKE—I**

3 eggs	2 teaspoons baking powder
1 level cup sugar	1 pinch of salt
1 level cup flour	Flavoring

Bake in a rather slow oven.

—M. Tempest.

**REAL SPONGE CAKE—II**

1 teacup of flour	3 eggs, yolks and whites
1 teacup of white sugar	beaten separately

Beat all together 20 minutes. Medium oven.

—L. S.

**SPONGE CAKE—III.**

6 ets. flour	9 eggs
1 lb. white sugar	

Beat the eggs, yolks and whites separately, add the dry ingredients by tablespoonfuls to the yolks, fold in the stiffly beaten whites, beat for one hour; add a tablespoonful lemon whiskey. Bake in a well lined tin for one hour.

—Mrs. Bernard.

**HOT WATER SPONGE CAKE—IV**

2 eggs	Pinch of salt
1 cup of flour	Vanilla to taste
1 cup of sugar	1/2 cup of boiling water (add last)
2 teaspoonful of baking powder	

Bake 25 minutes in a moderate oven. Success of cake depends on the baking.

Oven must not be opened.  
Mrs. F. J. Butler

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### LEMON CAKE

- |                          |                            |
|--------------------------|----------------------------|
| 4 eggs                   | 1½ cups flour              |
| 5 tablespoons cold water | 1 teaspoon cream of tartar |
| 1½ cups granulated sugar | 1½ teaspoons baking powder |

Beat the yolks until thick, add three tablespoons cold water, then sugar, then the rest of the water. Sift flour and baking powder together four times and add to the mixture, flavor with lemon if desired. Beat whites until stiff and add cream of tartar, fold into batter and bake in an angel cake tin 45 minutes. Remove from tin when cold.

—M. Tempest.

### SWISS ROLL

- |                     |                           |
|---------------------|---------------------------|
| 3 eggs              | 2 teaspoons baking powder |
| 3 tablespoons flour | Jam                       |
| 3 tablespoons sugar | 1 tablespoon butter       |

Beat the butter and sugar together, add the yolks of the eggs, then the flour and baking powder and lastly the stiffly beaten whites of the eggs. Spread thinly in a flat tin and bake about 15 minutes in a fairly quick oven. Turn out on a sugared paper; spread with jam; roll in the paper and leave it wrapped up till cold. An extra white of egg is an improvement.

—W. H.

### SOUR CREAM SPICE CAKE

Beat an egg in a cup, fill up with sugar; then add cup of sour cream, beat well; add—

- |                                   |                 |
|-----------------------------------|-----------------|
| 1 teaspoon soda                   | ¼ teaspoon mace |
| ¼ teaspoon salt                   | 1 cup raisins   |
| ¼ teaspoon cinnamon and<br>cloves | 2 cups flour    |

Mrs. D. S. Lloyd

### WALNUT WAFERS—I

- |                          |                        |
|--------------------------|------------------------|
| 3 tablespoons butter     | 1 teaspoon vanilla     |
| 1 cup brown sugar        | Salt                   |
| 1 egg                    | ¼ cup dates, chopped   |
| 1 cup flour              | ¼ cup walnuts, chopped |
| 1 teaspoon baking powder |                        |

Cream butter and sugar, beat in the egg, stir in other ingredients; drop spoonfuls on a greased pan. It must be quite a stiff mixture.

—Mrs. E. R. Knight.

## WALNUT WAFERS—II

$\frac{1}{2}$ lb. brown sugar	$\frac{1}{4}$ teaspoonful baking powder
$\frac{1}{4}$ lb. walnuts, broken not chopped	A little salt
3 tablespoonful of flour	2 eggs

Beat eggs and sugar, add salt, flour and lastly walnuts. Drop on buttered tin and bake until brown, remove from tin while hot.

—Mrs. Jowett

## WEDDING CAKE

8 eggs	1 dessertspoon cinnamon,
3 lbs. raisins	Alapice and cloves
2 lbs. currants	1 dessertspoon extracts of
1 lb. sugar	wintergreen, lemon and
1 lb. flour	vanilla
1 lb. butter	1 wineglass brandy or milk
$\frac{1}{2}$ lb. almonds	$\frac{1}{4}$ cup molasses
	1 teaspoon soda

Cream butter and sugar, add yolks of eggs, then the rest of the ingredients, beat the whites to a stiff froth, add last, quarter pound lemon peel. Bake in a slow oven for  $2\frac{1}{2}$  hours. Makes three layers.

Mrs. J. M. Black.

## WHITE FRUIT CAKE

1 cup butter	1 lb. citron
2 cups sugar	1 lb. almonds (blanched)
1 cup milk	2 scant cups shredded
2 cups flour	coconut
2 teaspoons baking powder	3 eggs (whites)

Cream butter and sugar, add milk and sifted flour and baking powder alternately, stir well, add fruit and lastly egg whites. (The original recipe called for one pound raisins and one pound figs, but these darken the cake and we put in about one pound candied cherries instead. Bake in a tin box and keep covered when baked.)

Mrs. J. Ormiston

## VENETIAN CAKES

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ cup almonds (cut up fine)
$\frac{1}{2}$ cup sugar	1 teaspoon vanilla essence
$1\frac{1}{2}$ cups flour	3 eggs, yolks only

Cream butter and sugar till very light; add the yolks well beaten, the almonds and vanilla, stir in lightly the flour. The dough should be rather soft. Take a small piece at a time, drop into granulated sugar, roll in the hands in a ball an inch in diameter. Put a piece of pistachio nut on the top. Bake on a floured tin, a little distance apart, for 10 or 15 minutes in a moderate oven.

—W. H.

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## GOOD XMAS CAKE—ENGLISH

$\frac{1}{2}$  lb. butter

14 ozs. sugar

12 ozs. flour

$7\frac{1}{2}$  ozs. almonds

$\frac{1}{2}$  lb. currants, etc

$1\frac{1}{2}$  lbs. mixed peel

8 eggs

Nutmeg and brandy

Bake half hour to one pound. Moderate oven.

—Mrs. F. J. Butler.

## APPLE ICING

Whites of 2 eggs, beaten  
stiff

1 cup confectioner's sugar

2 tart apples (grated)

Beat well and spread on cake.

—E. Robie

## MOCHA BUTTER ICING

6 ozs. icing sugar

$\frac{1}{2}$  teaspoon extract of coffee

$\frac{1}{2}$  lb. butter

1 tablespoon brandy

$\frac{1}{2}$  teaspoon vanilla

Mix all well together, roll small cakes in mixture and then in chopped almonds.

—L. G.

## BROWN SUGAR ICING

$1\frac{1}{2}$  cups medium brown sugar

1-2 cup milk

1 teaspoon butter

$\frac{1}{2}$  teaspoon vanilla

Boil sugar, butter and milk together till a soft ball is formed when dropped into cold water. Cool and when tepid add vanilla and beat till cold enough to spread on cake.

L. G.

## VIENNA BUTTER ICING

Two ounces butter, four ounces icing sugar, a few drops coffee essence. Beat all well together, it should be a pale brown. Spread on cakes. Raspberry or chocolate can be made the same way by using either raspberry essence or half a stick of chocolate instead of coffee.

—L. G.

## ICING FOR ANY CAKE

1 cup icing sugar

$\frac{1}{2}$  cup butter

3 tablespoons cream

1 teaspoon vanilla

Put all into a double boiler till melted, beat up till creamy, dip the cakes in the icing and roll in burned nuts finely chopped.

—L. G.



**CARAMEL ICING**

- |                   |                      |
|-------------------|----------------------|
| 1 cup brown sugar | 1 cup thin cream     |
| 1 cup white sugar | 1 teaspoon of butter |

Bring to a boil and boil slowly for five minutes, beat until thick.

Mrs. Gardner, Pekisko.

**CHOCOLATE ICING**

Melt about one tablespoon of butter, add to this about two tablespoons cocoa or one square of chocolate. Mix enough cream and wing sugar to the butter and cocoa until the required amount is obtained, add vanilla to taste.

—A. Jeffers.

**BANANA FILLING FOR CAKES THAT WILL NOT DISCOLOR**

- |                     |                     |
|---------------------|---------------------|
| 1 cup banana pulp   | Juice of one lemon  |
| Good half cup sugar | 1 tablespoon butter |

Mix together and cook till it thickens.

—Mrs. Wilfred Gray.

**BARNBRACK (Without Yeast)**

- |                           |                           |
|---------------------------|---------------------------|
| 2 lbs. flour              | 2 ozs. butter             |
| $\frac{1}{4}$ lb. sugar   | 3 eggs                    |
| $\frac{1}{4}$ lb. raisins | 2 teaspoons baking powder |
| 6 ozs. currants           | Salt                      |

Mix the butter and flour, add the other ingredients, the eggs well beaten, and enough milk to bind. Bake in a moderate oven.

—W H

**BARNBRACK OR HOT CROSS BUNS**

- |  |                            |
|--|----------------------------|
| 1 cup yeast                                | 1 cup warm milk            |
| $\frac{1}{4}$ cup syrup                    | Salt                       |
| 2 cups sugar                               | A little powdered cinnamon |
| $\frac{1}{4}$ cup butter, lard or dripping | and cloves                 |
| 2 cups currants or raisins                 | Enough flour to make in a  |
| 1 egg                                      | batter                     |

Set to rise, knead, rise again, make into leaves or buns, rise again and bake in a moderate oven.

—W H

**BISCUITS**

- |                              |                             |
|------------------------------|-----------------------------|
| 1 quart flour                | 2 teaspoons cream of tartar |
| 2 very full tablespoons lard | 1 teaspoon salt             |
| 1 small teaspoon soda        |                             |

Mix with sweet milk, flatten out with the hands and cut in rounds or squares, bake in a quick oven.

—Mrs. J. M. Black.

**BRAN BREAD**

- |                          |                                  |
|--------------------------|----------------------------------|
| 3 large cups white flour | $\frac{1}{4}$ teaspoon salt      |
| 2 large cups bran        | 1 teaspoon baking soda           |
| 1 large cup graham flour | 1 $\frac{1}{4}$ pints buttermilk |
| 1 tablespoon brown sugar |                                  |

Mix all dry ingredients, add buttermilk and bake in a slow oven. 1 $\frac{1}{2}$  hours.

—Emily E. A. Hope.

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## BRAN LOAF

- |                    |                                     |
|--------------------|-------------------------------------|
| 2 cups bran        | $\frac{3}{4}$ packet seeded raisins |
| 2 cups brown sugar | 1 tablespoon salt                   |
| 2 cups flour       | 1 teaspoon baking soda              |
| 2 cups buttermilk  |                                     |

Mix all dry ingredients, then add buttermilk, put in a loaf tin and bake about one hour in a slow oven. —Mrs. Posthalthwaite.

## BRAN MUFFINS

- |                     |                           |
|---------------------|---------------------------|
| 2 eggs              | Pinch of salt             |
| 2 cups milk         | 2 teaspoons baking powder |
| 1 cup sugar         | 2 cups flour              |
| 4 tablespoons fat   | 1 cup bran                |
| 2 tablespoons syrup |                           |

Beat eggs, sugar and salt; add melted fat, then syrup; beat in milk, baking powder, flour and bran mixed. Bake in greased muffin pans for 20 minutes. —H. D. Peach.

## BOSTON BROWN BREAD

- |                                   |   |
|-----------------------------------|---|
| 1 $\frac{1}{4}$ cups graham flour | 1 $\frac{1}{2}$ teaspoons baking soda dissolved in a little water |
| $\frac{1}{4}$ cup white flour     |   |
| $\frac{1}{4}$ cup molasses        | 1 $\frac{1}{4}$ cups of milk                                      |
| 1 level teaspoon salt             | Raisins may be added if liked                                     |

Steam two hours in greased baking powder tins with the lid on.

—Mrs. Norman Dingle.

## BROWN LIZARD

- |                             |   |
|-----------------------------|---|
| 2 cups graham flour         | 1 cup raisins                             |
| 2 cups white flour          | $\frac{1}{4}$ cup molasses                |
| 4 teaspoons baking powder   | $\frac{1}{4}$ cup sugar                   |
| $\frac{1}{4}$ teaspoon salt | 1 $\frac{1}{4}$ cups milk and water mixed |

Stand on back of stove until it rises to top of pan. Bake in moderate oven 30 to 40 minutes. —Mrs. Watson.

**CORN BREAD**

- |                             |                   |
|-----------------------------|-------------------|
| 1 cup cornmeal              | 1 cup sour milk   |
| 1 teaspoon baking powder    | 1 egg             |
| $\frac{1}{2}$ teaspoon soda | 2 tablespoons fat |
| 1 teaspoon salt             |                   |

Mix and sift dry ingredients, add the sour milk, egg and fat. Bake in a shallow pan for 25 minutes in a moderate oven.

—Mrs. Carpenter

**DATE LOAF**

- |                                   |                                    |
|-----------------------------------|------------------------------------|
| 1 cup sugar                       | $\frac{1}{2}$ teaspoon baking soda |
| $\frac{1}{2}$ scant cup of butter | 2 cups flour                       |
| $\frac{1}{2}$ cup sour milk       | 10 oas. dates                      |
| 2 eggs                            | 1 cup shelled walnuts              |
- Bake in a slow oven one hour

—Mrs. L. H. Ben, amen

**GRIDDLE CAKES**

- |  |                                      |
|--|--------------------------------------|
| 3 cups flour                           | $\frac{1}{2}$ cup currants           |
| $\frac{1}{2}$ cup butter or sour cream | $\frac{1}{2}$ teaspoon baking powder |
| $\frac{1}{2}$ cup sugar                |                                      |

Rub the butter into the flour; add the dry ingredients and enough milk to make into a fairly stiff dough, if you have sour cream, do not put in any better and only very little milk or water to bind; roll out very thin, cut into rounds and bake on a griddle, split and butter and serve hot.

—W. H.

**MUFFINS**

- |                                  |                           |
|----------------------------------|---------------------------|
| 1 egg                            | 2 $\frac{1}{2}$ cups milk |
| $\frac{1}{2}$ cup butter or lard | 2 cups flour              |
| Pinch of salt                    | 3 teaspoons baking powder |
| 2 tablespoons white sugar        |                           |

Bake in muffin tin 20 minutes in a hot oven

—Mrs. Postlethwaite

**MUFFINS (With Yeast)**

- |   |   |
|---|---|
| 2 lbs. flour                              | 5 spoonfuls yeast ( $\frac{1}{2}$ yeast cake) |
| 2 eggs                                    |   |
| 2 oas. butter, melted in 1 pint warm milk |   |

Mix up, knead and when it rises, make into flat cakes, bake on a griddle, cooking one side entirely before turning.

—W. H.

**NUT LOAF**

- |                                 |                                  |
|---------------------------------|----------------------------------|
| 1 cup chopped dates             | 1 tablespoon vanilla             |
| 1 teaspoon soda                 | 1 $\frac{1}{2}$ cups flour       |
| $\frac{1}{2}$ cup boiling water | $\frac{1}{2}$ cup broken walnuts |
| 1 tablespoon butter             | $\frac{1}{2}$ cup white sugar    |
| 1 egg                           |                                  |

Sprinkle soda over the dates, mix it with a spoon, pour boiling water over them. Cream butter and sugar; add the egg, flour, walnuts, etc., mix all well together and bake about one hour.

—Mrs. T. G. Devitt.

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**NUT BREAD**

- |                           |                          |
|---------------------------|--------------------------|
| 4 cups flour              | 1 teaspoon salt          |
| $\frac{1}{2}$ cup sugar   | $1\frac{1}{2}$ cups milk |
| 1 cup chopped walnuts     | 1 egg                    |
| 4 teaspoons baking powder |                          |

Beat egg and sugar, add dry ingredients and milk, stir well and put in greased pans. Stand in a warm place 20 minutes and bake about  $\frac{1}{2}$  hour.

Mrs. J. M. Black.

**OATMEAL BISCUITS**

- |                             |                                |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ cup of butter | $2\frac{1}{2}$ cups of oatmeal |
| 1 cup of sugar              | 3 eggs                         |
| 1 cup of flour              |                                |

—Mrs. Jewett.

**OATMEAL SCONES**

- |                |  |
|----------------|--|
| 6 cups oatmeal | $1\frac{1}{2}$ cups butter, lard or dripping |
| 3 cups flour   |  |
| 1 cup sugar    | 2 teaspoons baking powder                    |

Mix stiff with water, roll out thin and cut into cakes. Bake in a fairly quick oven. Serve hot.

—W. H.

**SALAD ROLLS**

- |                             |                    |
|-----------------------------|--------------------|
| 2 cups liquid yeast         | 1 teaspoon salt    |
| 4 tablespoons melted butter | 1 tablespoon sugar |
| 2 eggs                      |                    |

Beat eggs light and add all ingredients to liquid yeast, add flour enough to knead, cover and allow to stand in a warm place for two hours, then roll out half inch thick and cut into fingers half inch wide, five inches long. Roll smooth between the hands and place an inch apart in pan; brush over with melted butter and let rise for half hour. Bake about 20 minutes in moderate oven.

—Mrs. Roscoe G. Sutherland.



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#### DROP SCONES

- 1 cup milk
- 1 egg
- 1 tablespoon sugar

- 1 teaspoon baking powder  
and enough flour to make  
into a batter

Drop in spoonfuls in a hot frying pan, fry in batter, pile on a  
plate with butter between and serve hot.

—W. H.

#### SCONES

- 1 quart flour
- 3 teaspoons baking powder

- Pinch of salt
- 2 eggs

Moisten with milk, roll lightly and spread with soft butter before  
putting in hot oven

—Mrs. E. M. Lawther

#### TEA CAKE

- 2 lbs. flour
- $\frac{1}{2}$  lb. butter
- 4 eggs

- 2 teaspoons baking powder
- Milk
- Salt

Beat butter to a cream, add the eggs, flour, etc., and enough milk  
to make all into a thick batter. Bake in a moderate oven about one  
hour. Split and butter and serve very hot.

—Mrs. Bernard.

## JAMS



### GOOSEBERRY JAM

1½ lbs. gooseberries                      3 lbs. sugar  
1 pint water

Put fruit and water to boil gently 20 minutes, stirring, add sugar, boil fast for five minutes. Black Currant made same way but boil seven minutes. —Mrs. D. S. Lloyd.

### ORANGE MARMALADE—I

Slice oranges, using all but the seeds. To one pint of fruit use 2½ pints of water. Let it stand over night, boil for 1½ hours, set aside and let it stand till next day, then to one pint fruit add one pound sugar and boil quite thick usually about 1½ hours, then bottle, cover seeds with water and let it stand and add the jelly that forms to the mixture for the second boiling. Mrs. James.

### ORANGE MARMALADE—II

12 Seville oranges                      6 quarts water  
2 lemons                                  10 lbs. sugar

Slice the oranges and lemons as thinly as possible, put them in your preserving pan, add the water and leave till next day. Put on the stove, boil slowly till the peel is tender and will break between finger and thumb, add the sugar and boil quickly till it will jelly. —Mrs. Bernard.

### CANDIED ORANGE OR LEMON PEEL

Keep the peel of the fruit as it is used in a weak brine until enough has collected to preserve, wash it thoroughly in several waters. Let it boil in plenty of water until tender, changing the water several times. If the peels are fresh they need be boiled in one water only, when they can be pierced with a straw drain off the hot water, let them cool and scrape out the white pulp with a spoon. Make enough syrup to cover the yellow peels, using the proportion of a pound of sugar to a pint of water. When the syrup is boiling, drop in the peels and let them cook slowly until they are clear, then boil rapidly until the syrup is reduced almost to dryness, using care that it does not burn. Spread the peels on a flat dish and place them in a warm place to dry for 12 hours or more. —L. G.

### PEAR MARMALADE

3 lbs. hard pears, peeled and      4 good sized lemons, sliced  
sliced thin                                  thin  
1 lb. candied ginger (chop  
fine)

Mix together four pounds sugar and boil gently one or two hours until a rich brown. Bottle hot, —Mrs. F. J. Butler.

**PEACH AND MARROW JAM**

2 lbs. marrow, peeled and cut up	1 lb. peaches, peeled, stoned and cut
½ cup bruised whole ginger	1 lemon
	3 lbs. sugar

Boil marrow and peaches till soft; add sugar and lemon chopped fine, ginger in a muslin bag. Boil slowly until it jellies.

—Mrs. W. Graves.

**VEGETABLE MARROW PRESERVE**

Cut up the marrow over night, removing the skin and all seeds, sprinkle with brown sugar. The next morning strain off the juice and weigh the fruit and to every pound allow one pound white sugar, one ounce whole ginger bruised and tied in a muslin bag, the rind sliced and juice of one lemon. Boil till the marrow is clear.

—Mrs. Bernard.

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## PICKLES



### GRANDFATHER'S PICKLE

Chop 4 cucumbers	1 quart green tomatoes
3 green peppers	1 quart cauliflower
2 red peppers	2 quarts onions

#### Dressing—

Boil 4 cups white sugar	2 ozs. mustard
3 pints vinegar	1 1/2 ozs. tumeric powder

Method Sprinkle salt on cucumbers, onions and cauliflower and cover with water, allow it to remain over night. Drain next morning, grind coarsely, add dressing and cook up for a few minutes.

—E. Robie.

### CUCUMBER RELISH

2 quarts cucumbers	1 1/2 tablespoons celery seed
1 quart large onions	1 1/2 tablespoons tumeric powder
1 quart silver skins	1/2 cup mustard
1 quart cauliflower	1/2 cup flour
3 medium green peppers	4 cups white sugar
2 ozs. mustard seed	2 pints vinegar

Cut cucumbers and large onions fine add silverskins and sprinkle well with salt, allow to stand over night. Break cauliflower in small pieces and cover with salted water also to stand over night. In the morning, drain off all moisture and add green peppers (cut fine) mustard seed, celery seed, sugar, vinegar. Put on fire and bring to boil. Make a thick paste of the flour, tumeric and mustard, stir in carefully and again allow to boil, bottle and cover.

—Mrs J T Petts.

### BEAN SALAD

Boil eight pounds butter beans in salted water until tender; drain and pour over the following dressing—

1 cup flour	3 pints vinegar
1 cup mustard	1 tablespoon tumeric powder
3 lbs brown sugar	

Mix dry ingredients into little of the vinegar, heat the rest and cook all together until thick.

—Mrs. D. S. Lloyd.

### MUSTARD PICKLES

4 gallons vinegar	3 cups sugar
4 lb. mustard	1 head cauliflower
1/2 oz. tumeric	2 lbs. silverskin onions
1 cup flour	A few cucumbers if liked

Dilute vinegar slightly with water if it is white wine, malt vinegar is best for this pickle. Cut up vegetables the night before and cover with water, to which half cup salt has been added. In the morning pour off water and rinse vegetables in fresh water, put sugar and



Vinegar in preserving kettle and when the mixture is near boiling point add the Beer, turmeric and mustard, moistened with a little water. When this mixture has cooked until slightly thickened pour in vegetables, bring to boil again let boil up once only, and pour into crocks or earthen vessels. These pickles will keep if covered with lids of crocks, or thick paper, and do not need to be put in sealers.

Mrs. Massander

### CELERY MUSTARD

- |                                  |                          |
|----------------------------------|--------------------------|
| 8 good heads of celery, cut fine | 8 oza. of mustard        |
| 1 quart of small onions          | 2 cups of white sugar    |
| 2 oza. of mustard seed           | 1 small quart of vinegar |
|                                  | 2 teaspoons of salt      |

Simmer slowly for one hour

Mrs. W. Graves.

### CHUTNEY

- |  |   |
|--|---|
| 2 lbs. apples, or gooseberries may be used instead | 1 oz. powdered ginger                           |
| 1 1/2 lbs. onions                                  | 1/2 oz. cayenne pepper pods                     |
| 1 tablespoon of salt                               | 1 1/2 oza. mustard seed                         |
| 1 lb. sugar  | 2 pints vinegar, add a little more if too thick |
| 1 lb. saltinas                                     |   |

Peel and cut up the apples and onions and simmer them with the saltinas, cayenne and mustard seed in the vinegar for a couple of hours. Cool, then add sugar, salt and ginger. Mix well and bottle; put the cayenne pods and mustard seeds in a muslin bag.

—Mrs. Hanson.

### TOMATO AND CELERY CHUTNEY

- |                           |                          |
|---------------------------|--------------------------|
| 1 basket red tomatoes     | 1 teaspoon ground ginger |
| 1 green pepper            | 1 teaspoon cloves        |
| 1 head celery             | 1 teaspoon allspice      |
| 2 large onions            | 1 1/2 cups vinegar       |
| 2 tablespoons brown sugar | Cayenne, very little     |

Cut all up fine and cook till soft

Mrs. J. D. Wilson, Edmonton

### TOMATO CHUTNEY

- |                         |                            |
|-------------------------|----------------------------|
| 4 quarts green tomatoes | 1 cup salt                 |
| 2 quarts onions         | 1 teaspoon ground cloves   |
| 8 pints vinegar         | 3 teaspoons pickling spice |
| 1 lb. brown sugar       | (tied in a muslin bag)     |

Slice tomatoes and onions; put in layers in saucepan, sprinkle salt on each layer, let it stand over night, then drain off liquor; add vinegar and spices, boil until tender, then add sugar and boil a few minutes longer.

—Mrs. Lloyd Williams.



CALGARY, ALTA

#### RHUBARB CHUTNEY

- |                               |                                |
|-------------------------------|--------------------------------|
| 1 quart rhubarb (cut up fine) | 1 teaspoon ground cloves       |
| 1 quart onions (cut up fine)  | 1 teaspoon cinnamon            |
| 1 pint vinegar                | 1 teaspoon allspice            |
| 4 cups brown sugar            | $\frac{1}{2}$ teaspoon cayenne |

Boil all together till onions are tender

—Mrs. Bates.

#### PEPPER SAUCE

- |                        |                 |
|------------------------|-----------------|
| 12 large green peppers | 12 large onions |
| 12 large red peppers   |                 |

Peel the onions and put through food chopper with the peppers, cover with boiling water and boil 15 minutes, drain, boil together one quart malt vinegar, four cups white sugar, one ounce mustard seed and salt to taste. Bring to a boil and add the peppers and onions and cook till tender and thick.

Mrs. T. G. Devitt

#### TOMATO CATSUP

Peel and chop 12 large ripe tomatoes, two onions, three sour apples, three tablespoonsful sugar,  $1\frac{1}{2}$  tablespoons salt, one teaspoon each of cinnamon, cloves, nutmeg and ginger, and a very little cayenne pepper. Boil for one hour and add two small cups white vinegar. Boil slowly for one hour, then bottle and cork closely.

—Mrs. J. C. Thomson.

#### SPICED GRAPES

One basket of grapes, remove stems, put on to boil with four cups of water, mash repeatedly through colander until all juice is extracted, add two dessertspoons cinnamon, one teaspoon cloves, 12 cups heaping sugar. Boil until it thickens slightly. Remove scum and boil. This is lovely with fowl and cold meats.

—Mrs. Black.

## BEVERAGES



### HOME MADE BEER

Thirty-five pints of water brought to a boil, three large cups brown sugar and two packets of hops, boil for one hour. Take pan off the fire, next day take half pint of the beer and two cakes Fletcher's yeast, let it rise for an hour, stir into the beer, also stir several times during the day; let it ferment for two days, then put into a four gallon barrel. Stand in cellar for a week and it is ready for use.

—M. C. B.

### BEETROOT WINE—I.

Scrape and slice thinly five medium beets, boil till tender in one gallon water, strain and make liquid up to gallon with boiling water, add three pounds sugar, pinch cayenne pepper, boil ten minutes; strain, cool to lukewarm add one yeast cake. Keep in warm place ten days to ferment. Strain and bottle. Ready in a few days, better kept longer.

—L. B.

### BEET WINE—II.

4 lbs. beets	3½ lbs. sugar
1 gallon water	1 lemon, sliced

Wash and cut up beets without peeling, boil in one gallon of water till tender; strain while hot on to sugar and lemon, stir well. When cold, put into a gallon jar, keeping a little back to fill up. Place a cup over top and let it work for three weeks. Then gradually cork and keep six months.

Mrs. Hansen, Pekuko.

### CHOKE CHERRY WINE.

Four two quarts water over four quarts of berries, stand for 12 hours, stirring occasionally, to every two quarts of juice add 1½ pounds sugar, ¼ ounce each of powdered cinnamon and cloves. Boil five minutes and then turn into a crock and let it ferment, cover with a piece of cheesecloth, when fermentation ceases, strain and bottle and seal.

—Mrs. Hansen.

### DANDELION WINE

1 quart dandelion seeds	1 orange
4 quarts water	3 lbs. sugar
1 lemon	1 tablespoon yeast

Put flowers in cold water and let it come to a boil and boil 10 minutes, strain into a stone jar, when lukewarm, add the orange and lemon sliced and the sugar and yeast, set in a moderately warm place for two or three days to ferment, skim off the scum as it rises, cover only with paper. When done working, bottle and cork and put in cellar. Put a few raisins in each bottle to help fermentation; tie corks down tightly.

—L. G.

## GINGER BEER

- |                            |                             |
|----------------------------|-----------------------------|
| 2½ lbs. brown sugar        | 3 gallons boiling water     |
| 1½ ozs. bruised ginger     | 4 large teaspoons yeast (or |
| 1 oz. cream of tartar      | 2 cakes)                    |
| Rind and juice of 2 lemons |                             |

Peel lemons and squeeze juice, strain, put in large pan with the ginger, cream of tartar and sugar. Pour over the boiling water; let it stand till lukewarm, add dissolved yeast; stir well, keep in warm place over night. Next day, skim it and pour liquid, carefully leaving sediment. Bottle or put in barrel at once. Ready to drink in three days. —L. S.

## HOME MADE WINE

- |                         |                     |
|-------------------------|---------------------|
| 1 lb. wheat             | 1 good sized potato |
| 1 lb. sugar             | 1 yeast cake        |
| 1 packet seeded raisins |                     |

Peel potato, boil and mash and make up water to one gallon, pour this over sugar wheat and raisins stirring until sugar is dissolved. When cool enough, add yeast and leave for 20 days, stirring frequently, then strain carefully and put in bottles, corking lightly till fermentation is dead. This seems to take a long time to die and settle, but as it improves with age and must be kept a considerable time before using, this does not matter so much. —R. S. T.

## LEMON JUICE TO DRINK

- |   |                            |
|---|----------------------------|
| 3 quarts boiling water                      | 1 good tablespoon tartaric |
| 2 lemons                                    | acid                       |
| 1 tablespoon cream of tartar                | Sugar to taste             |
| Pour water over ingredients, strain. —L. S. |                            |

## PARSNIP WINE

Five pounds of parsnips to every gallon of water. Clean the roots thoroughly, peel and cut up in small pieces. Be careful to remove any little bit of dark colored matter, as it may spoil the wine. Boil until the roots are tender but not pulpy. Leave the lid off the boiler for a short time to allow the strong smell to escape. Strain through a hair sieve into a crock; add immediately ¼ ounce of powdered ergot to each gallon of liquor, stir for a few minutes, add three pounds of sugar for each gallon, stir until sugar is dissolved, allow this to stand uncovered until it is cool. Toast a thick round of bread and moisten it with two tablespoons of yeast for every six gallons, and add to the liquor, cover with a blanket and stir daily until fermentation ceases. Keep in a temperature of 50 to 55 degrees Fahr. Skim the scum off as it rises, in ten days or a fortnight turn into a cask. Do not cork too tightly at first. This is quite good without ergot, as I've never been able to get it. —L. G.



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## CANDIES

### SUGARED ALMONDS

Put a cupful of granulated sugar in a saucepan with a little water, stir until dissolved, then let it cook to the ball stage without touching except to test. Put in a half cupful of blanched almonds and stir off the fire until the nuts are well covered with the granulated sugar, but take them out before they become one mass. Boil another cupful of sugar, put in the almonds and stir in the same way. The nuts may be given a third coating if larger size is required.

—L. Groves.

### BUTTERSCOTCH

2 cups granulated sugar

3 tablespoons of cold water

$\frac{1}{4}$  cup butter

Place all in a saucepan and boil without stirring until it hardens on the spoon when tested (about 10 or 12 minutes) spread on buttered tin plates and let it cool and harden.

L. Groves.

### BROWN SUGAR FUDGE

4 cups brown sugar

Pinch salt

2 cups of cream or milk

Butter about size of an egg or larger

$\frac{1}{2}$  cup walnuts

Vanilla or maple flavoring

Put brown sugar and cream or milk into a pan and stir until dissolved and is very creamy, then let boil, adding salt and butter. Boil for about 20 minutes and then try in a cup of cold water, and if it forms a soft lump, take off and beat till very thick or until it will hardly drop off a spoon; then add nuts and turn out into a well greased tin. When quite cool, cut into squares.

—Miss Hilda Blackmore.

### CARAMELS

2 cups brown sugar

1 cup corn syrup (brown kind)

1 tin condensed milk (sweet kind)

$\frac{1}{2}$  lb. butter

Put all into a good sized saucepan and stir well, set the pan in a warm place and let the butter melt into the batter. Put on the stove, not too hot a fire; stir constantly, taking care the mixture does

not stick to the bottom. Bring to the boil and then boil exactly 20 minutes, pour at once into a good sized square pan, well greased. When fairly cool, cut into lengths and then into pieces about an inch square. Wrap in waxed paper.

—L. Groves.

### CARAMEL TOFFEE

$\frac{1}{2}$  lb. butter  
 $\frac{1}{2}$  lb. sugar

$\frac{1}{2}$  lb. syrup  
2 tablespoons cream

Boil all together without stirring until mixture forms soft ball when dropped into cold water. Pour into a greased tin and allow to harden.

—Mrs. Chas. Barker.

### COCONUT CAKES

Molasses a cupful of sugar with the milk of a coconut, boil it to the soft ball stage, then stir in as much grated coconut as the boiled sugar will moisten. Stir it only enough to mix and not granulate. Drop a spoonful at a time on an oiled slab, making flat round cakes about two inches in diameter. If the sugar granulates before the cakes are all spread add a little water and cook it again to the soft ball stage.

—L. G.

### CHOCOLATE FUDGE—I.

1 cake of baker's chocolate (small)	Vanilla
4 cups white sugar	Pinch of salt
2 cups milk or half cream	$\frac{1}{2}$ teaspoon cream of tartar
$\frac{1}{2}$ cup walnuts	Butter size of an egg

Put sugar and milk or cream into a pan and let boil. When it comes to the boil, put in the cake of chocolate cut in small squares and let boil, adding salt, cream of tartar and butter. When boiled about 20 minutes, try in a cup of cold water, and if it forms a soft lump take off and beat till it grains or gets very thick, then add nuts and flavoring and turn out in pan.

Miss Hilda Blackmore.

### CHOCOLATE FUDGE—II.

1 cup brown sugar	$\frac{1}{2}$ cup cocoa
1 cup white sugar	1 tablespoon butter
$\frac{1}{2}$ cup milk	1 teaspoon vanilla

Boil to soft ball stage, add chopped walnuts, coconut or sultanas as preferred, while beating, pour into buttered pans.

—E. Rohie.

### CHOCOLATE FUDGE—III.

2 cups white sugar	1 tablespoon corn syrup
1 cup milk	2 squares chocolate
2 tablespoons butter	1 teaspoon vanilla

Boil to soft ball stage, stirring very little; beat mixture and pour on buttered plates to harden.

—E. Rohie.

### FUDGE

2 cups brown sugar  
Butter size of an egg

Enough cream to moisten,  
(about  $1\frac{1}{2}$  cups)

Boil until it forms a soft ball in cold water. Beat until creamy

—M. D. F.

## WALNUT FLUDGE

11.004.0000

### Better size of a walnut

**THE**

can ground training

Boil ingredients together until they form a ball when dropped into cold water, beat until cold, put on a buttered plate. This can also be used as icing or filling for a cake.

## References

## MAPLE CREAM

3 cups brown sugar

## 2. Tabernáculos, tentes

2 cups brown  
B-2 egg milk

Boil together until soft ball can be formed when tried in cold water, remove from fire, let cease bubbling, add three tablespoons corn syrup (white or brown) and one teaspoon vanilla. Beat until creamy, add half cup chopped nuts, pour on buttered dish and when cool, mark in squares. —Mrs. Black.

**—Wm. H. Clark**

### MOLASSE PEANUT CANDY

2004 12 15 12:00

1 Tablespoon vinegar

I can hear it over

## Penitente

1 tablespoon butter

Boil all together until a little will harden in cold water. Have buttered tins thickly spread with shelled peanuts and pour mixture over them. Cut into squares while warm. Mrs. J. M. Black

WILLIAM ALBERT

## PINOCHÉ

3 cups of well brown sugar

1 teaspoon vanilla

1 cup of milk

1 lb. of English walnuts

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Mix sugar and milk and cook, when hot, add butter. Let this mixture boil hard (stirring constantly to keep from burning) until it hardens when dropped in cold water; remove from fire, add vanilla and, lastly, stir in the walnuts (chopped), heat for five minutes, then spread on buttered tins to harden.

**TOWNE**

### Butter sauce of a walnut

100% 0% 50% 25%

**2 cups of brown sugar**

Dissemination of vinegar

**Table 20** *continued*

**Abstract**

## TURKISH DELIGHT

12 new sheet set/duvet

1/2 pint cold water

1. To granulated sugar

Put all in a saucepan and stand on the back of stove till gelatine is soft, bring forward and let it come to the boil, boil quickly for five minutes, take it off the fire, add one tablespoon lemon juice, one tablespoon essence of lemon, one of brandy rum or aquaur, and a little essence of pineapple, color to fancy, strain into a flat dish or soup plates, let it stand for 24 hours, cut into squares and dust with icing sugar.

—Mrs. Bernard.

—Mr. Thompson

M4537

M4538

# ORDER “LETHBRIDGE” BEER

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## INDEX

BEVERAGES	Page
Home Made Beer	88
Beetroot Wine I	88
Beetroot Wine II	88
Choke Cherry Wine	88
Dandelion Wine	88
Ginger Beer	89
Home Made Wine	89
Lemon Juice	89
Parsony Wine	89

BREAD, SCONES, ETC	
Barnbrack	76
Barnbrack or Hot Cross Buns	78
Biscuits	78
Bran Bread	78
Bran Loaf	79
Bran Muffins	79
Boston Brown Bread	79
Brown Loaf	79
Corn Bread	80
Date Loaf	80
Griddle Cakes	80
Oatmeal Biscuits	81
Oatmeal Scones	81

	Page
Muffins	80
Muffins (with yeast)	80
Nut Bread	81
Nut Loaf	80
Salad Rolls	81
Drop Scones	82
Scones	82
Tea Cake	82

CANDIES	
Sugared Almonds	90
Butterscotch	90
Brown Sugar Fudge	90
Caramels	90
Caramel Toffes	91
Cocoanut Cakes	91
Chocolate Fudge I	91
Chocolate Fudge II	91
Chocolate Fudge III	91
Fudge	91
Walnut Fudge	92
Maple Cream	92
Molasses Peanut Candy	92
Pineche	92
Toffee	92
Turkish Delight	92



**CAKES****Page**

Almond Cake	56
Apple Sauce Cake	56
Aunt Betty's Cookies	59
Biscuits or Cookies	59
Christmas Cake I	57
Christmas Cake II	57
Cherry Cake	57
Chocolate Nut Wafers	58
Chocolate Cake I	58
Chocolate Roll II	58
Chocolate Cake III	58
Chocolate Cake IV	58
Chocolate Cake V	59
Cinnamon Cake	59
Cocunut Nones	60
Cream Cookies	60
Date Cakes	60
Date Bars	61
Date Cake	61
Date Cookies	61
Date Sticks	61
Doughnuts	62
Excellent Fruit Cake	62
Economical Fruit Cake	62
Fruit Cake	62
Genoa Cake	64
Ginger Snaps	64
Ginger Cookies	64
Gingerbread Nuts	64
Gingerbread	64
Good Christmas Cake	77
Good English Fruit Cake	62
Hermits I	65
Hermits II	65
Ice Coffee Cake	66
Josephine Cake	65
Kisses	66
Tea Kisses	66
Layer Cake	66
Dark Layer Cake	66
Leamington Cake	66
Lighting Cake	67
Good Lunch Cake	67
Lunch Cake	67
Macaroons	67
Maple Cake	68
Mocha Cake	68
Molasses Cookies	69
Nut Crisps	69
Oat Cake	69
Old Fashioned Gingerbread	65
Orange Cake I	69
Orange Cake II	70
Orange Cookies	70
Pain Cake	70
Pound Cake	70
Dark Plum Cake	71
Ranch Cake	71
Rich Fruit Cake	62
Rock Cakes	71

**Page**

Rumfort Cake	72
Sarah's Cake	72
Seed Cake	72
Shorthread I	72
Shorthread II	72
Shorthread III	73
Short Cookies	72
Summer Cake	73
Spanish Bun	73
Spice Cake	74
Sponge Roll I	74
Sponge Roll II	74
Sponge Cake I	74
Real Sponge Cake II	74
Sponge Cake III	74
Hot Water Sponge Cake IV	74
Sugar Plume	59
Sunshine Cake	75
Swiss Roll	75
Sour Cream Spice Cake	75
Vanettin Cakes	76
Walnut Wafers I	75
Walnut Wafers II	76
Wedding Cake	76
White Fruit Cake	76

**FISH**

Baked Halibut and Parsley Balls	13
Booches of Prawns	12
Canollettes of Fish	12
Fish Balls	12
Fish Curry	12
Fish Custard	12
Fish Pie	15
Kedgeree	14
Lobster à la Newburg	14
Oyster Cocktail	15
Oysters and Celery	15
Potted Herrings	14
Salmon and Rice Cutlets	16
Salmon Creams	16
Salmon or Lobster Patties	16
Scalloped Fish	16
Scalloped Halibut	13
Stewed Oysters	15

**ICINGS**

Apple Icing	77
Brown Sugar Icing	77
Caramel Icing	78
Chocolate Icing	78
Icing for Any Cake	77
Mocha Butter Icing	77
Vienna Butter Icing	77
Banana Filling for Cakes	78

**JAMS**

Gooseberry Jam	82
Orange Marmalade I	82

	Page
Orange Marmalade II .....	83
Orange or Lemon Peel.....	83
Pear Marmalade .....	83
Peach and Marrow Jam.....	84
Vegetable Marrow Preserve ..	84

**MEATS**

Aberdeen Sausage .....	17
Beef Fritters .....	17
Beef Loaf .....	18
Beef or Veal Olives.....	17
Beefsteak Pudding .....	18
Brawn .....	18
Cornish Pasties .....	19
Croquettes .....	19
Dummers .....	20
Dry Curry .....	19
Fried Sweetbreads .....	22
Galantine of Chicken.....	20
Gateau of Meat.....	20
Ham Funeral .....	21
Irish Stew .....	21
Jellied Veal .....	22
Kromeskye .....	21
Pickle for Beef, Ham or Tongue .....	23
Pressed Beef .....	18
Sausages .....	17
Stuffed Breast of Mutton.....	22
Stewed Kidney .....	21
Stewed Ox Tail .....	22

**PICKLES**

Bean Salad .....	85
Celery Mustard .....	86
Chutney .....	85
Cucumber Relish .....	85
Grandfather's Pickle .....	85
Mustard Pickles .....	85
Pepper Sauce .....	87
Rhubarb Chutney .....	87
Spiced Grapes .....	87
Tomato and Celery Chutney ..	86
Tomato Chutney .....	86
Tomato Catsup .....	87

**PIES**

Almond Cheesecakes .....	50
Bakewell Pudding I .....	50
Bakewell Pudding II .....	51
Banana Pie .....	51
Butterscotch Pie .....	51
Cocoanut Pie .....	51
Filling for Tarts .....	52
Ground Rice Cheese Cakes ..	52
Green Tomato Mince-meat.....	52
Lemon and Apple Pudding ..	52
Lemon Cheese Cake I.....	52
Lemon Jam II .....	52
Lemon Curd III .....	52

	Page
Maid of Honour.....	53
Mince-meat I .....	53
Mince-meat II .....	54
Puff Pastry .....	50
Rice Cheesecakes .....	54
Welsh Cheese Cakes .....	54

**PUDDINGS**

Apple Mould .....	36
Apple Snow .....	36
Bif Pudding .....	36
Bishop's Pudding .....	36
Buff Pudding .....	37
Canary Pudding I .....	37
Canary Pudding II .....	37
Caramel Pudding .....	38
Castle Pudding .....	38
Chocolate Pudding .....	38
Coffee Jelly .....	38
Cornmeal Pudding .....	39
Date Pudding .....	39
Delicious Pudding .....	39
English Christmas Plum Pudding .....	40
Fig Custard .....	40
Fig Pudding .....	40
Fig or Date Pudding.....	39
Gold Pudding .....	41
Harlow Pudding .....	41
Honeycomb Cream .....	41
Lemon Lays .....	41
Lemon Pudding .....	41
Lemon Sponge I .....	42
Lemon Sponge II .....	42
Maple Parfait .....	42
Marmalade Pudding I.....	42
Marmalade Pudding II.....	43
Marmalade and Vermicelli ..	43
Marshmallow Cream .....	43
Omelet .....	43
Orange Fool .....	44
Orange Pudding I .....	44
Orange Pudding II .....	44
Orange Pudding III .....	44
Plain Pancakes .....	45
Pineapple Cream .....	45
Pineapple Pudding .....	45
Plain Plum Pudding .....	45
Plum Pudding .....	45
Potato Pudding .....	45
Prune Jelly .....	47
Queen's Rice .....	47
Reine De Sava .....	47
Rhubarb Mould .....	47
Roll'd Oats Pudding.....	48
Sago Pudding .....	48
Sister's Pudding .....	48
Snow Pudding .....	48
Spanish Cream .....	49
Spanish Flummery .....	49

	Page
Treacle Sponge .....	49
Vegetable Plum Pudding ....	46
Yankee Pudding .....	49
Yorkshire Pudding I .....	49
Yorkshire Pudding II .....	49

**SANDWICHES**

A la Royal .....	35
Egg and Anchovy .....	35
Lehster .....	35
Sardine .....	35
Tomato .....	34

**SAUCES**

Bread Sauce .....	11
Hard Sauce .....	11
Marinade Sauce .....	11
Orange Sauce .....	11
Syrup Sauce .....	11
White Sauce .....	11

**SAVOURIES**

A Cheap and Unusual Salad ..	24
Anchovy Biscuit Paste .....	24
Anchovy Savoury .....	24
California Salad .....	31
Carrot Salad .....	32
Celery and Grapefruit Salad .....	32
Cheese Fondue .....	24
Cheese Omelette I .....	25
Cheese Omelette II .....	25
Cheese Pudding .....	25
Cheese Puffs .....	25
Cheese Rolls .....	26
Cheese Straws .....	26
Chicken Salad .....	32
Corn Fritters .....	26
Egg Pie .....	27
Eggs and Cheese .....	27
Eggs and Tomatoes .....	27
Fruit Salads .....	31
Gooseberry and Banana Salad .....	34
Macaroni a la Napolitaine ..	28
Macaroni and Eggs .....	28

	Page
Mint Jelly .....	28
Mystery Salad .....	33
Oyster Toast .....	34
Pineapple Salad .....	33
Potato Puffs .....	28
Potted Cheese .....	28
Rice and Tomatoes .....	33
Salad Dressing I .....	34
Salad Dressing II .....	31
Salad Dressing III .....	31
Salad Dressing IV .....	31
Sardine Toast .....	24
Savoury Eggs .....	27
Savoury Rice I .....	29
Savoury Rice II .....	29
Scalloped Eggs .....	26
Scalloped Potatoes .....	29
Spanish Eggs .....	27
Stewed Mushrooms .....	28
Stuffed Onions .....	29
Stuffed Potatoes .....	29
Swiss Chicken Salad .....	33
Strawberry and Banana Salad .....	34
Stuffed Tomatoes .....	34
Tomatoes Stuffed with Peas ..	35
Welsh Rarebit .....	35

**SOUPS**

Bean Soup .....	5
Brown Stock .....	4
Cauliflower Soup .....	5
Fish Soup .....	5
Fish Stock .....	5
Green Pea I Soup .....	7
Green Pea No. II Soup .....	8
Green Pea Soup III .....	8
Kidney Soup .....	7
Lentil Soup .....	6
Liver Soup .....	6
Ox Tail Soup .....	9
Potato Soup .....	9
Red Pottage Soup .....	9
Tomato I Soup .....	10
Tomato II Soup .....	10
White Stock .....	4



